

Clinical Decision Support (CDS) Content and Health Level 7 (HL7)-Compliant Knowledge Artifacts (KNARTs)

Mental Health: Suicidality Clinical Content White Paper

Department of Veterans Affairs (VA)



**Knowledge Based Systems (KBS)
Office of Informatics and Information Governance (OIIG)
Clinical Decision Support (CDS)**

Clinical Decision Support (CDS) Content and Health Level 7 (HL7)-Compliant Knowledge Artifacts (KNARTs): Mental Health: Suicidality Clinical Content White Paper

by Department of Veterans Affairs (VA), , , and

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Table 1. Relevant KNART Information - Mental Health: Suicidality

Mental Health KNART	Associated CLIN
Suicide Risk Screen – Documentation Template	CLIN0005AB
Positive Suicide Risk Screening – Order Set	CLIN0008BA

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VA Subject Matter Expert (SME) Panel

Table 2. VA Subject Matter Expert (SME) Panel

Name	Title	Project Role
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Introduction

The VA is committed to improving the ability of clinicians to provide care for patients while increasing quality, safety, and efficiency. Recognizing the importance of standardizing clinical knowledge in support of this goal, VA is implementing the Health Level 7 (HL7) Knowledge Artifact Specification for a wide range of VA clinical use cases. Knowledge Artifacts, referred to as (KNARTs), enable the structuring and encoding of clinical knowledge so the knowledge can be integrated with electronic health records to enable clinical decision support.

The purpose of this Clinical Content White Paper (CCWP) is to capture the clinical context and intent of KNART use cases in sufficient detail to provide the KNART authoring team with the clinical source material to construct the corresponding knowledge artifacts using the HL7 Knowledge Artifact Specification. This paper has been developed using material from a variety of sources: VA artifacts, clinical practice guidelines, evidence in the body of medical literature, and clinical expertise. After reviewing these sources, the material has been synthesized and harmonized under the guidance of VA subject matter experts to reflect clinical intent for this use case.

Unless otherwise noted, items within this white paper (e.g., documentation template fields, orderable items, etc.) are chosen to reflect the clinical intent at the time of creation. To provide an exhaustive list of all possible items and their variations is beyond the scope of this work.

Conventions Used

Conventions used within the knowledge artifact descriptions include:

<obtain>: Indicates a prompt to obtain the information listed

- If possible, the requested information should be obtained from the underlying system(s). Otherwise, prompting the user for information may be required
- The technical and clinical notes associated with a section should be consulted for specific constraints on the information (e.g., time-frame, patient interview, etc.)
- Default Values: Unless otherwise noted, <obtain> indicates to obtain the most recent observation. It is recognized that this default time-frame value may be altered by future implementations

[...]: Square brackets enclose explanatory text that indicates some action on the part of the clinical user, or general guidance to the clinical or technical teams. Examples include, but are not limited to:

[Begin ...], [End ...]: Indicates the start and end of specific areas to clearly delineate them for technical purposes.

[Activate ...]: Initiates another knowledge artifact or knowledge artifact section.

[Section Prompt: ...]: If this section is applicable, then the following prompt should be displayed to the user.

[Section Selection Behavior: ...]: Indicates technical constraints or considerations for the selection of items within the section.

[Attach: ...]: Indicates that the specified item should be attached to the documentation template if available.

[Link: ...]: Indicates that rather than attaching an item, a link should be included in the documentation template.

[Clinical Comment: ...]: Indicates clinical rationale or guidance.

[Technical Note: ...]: Indicates technical considerations or notes.

[If ...]: Indicates the beginning of a conditional section.

[Else, ...]: Indicates the beginning of the alternative branch of a conditional section.

[End if ...]: Indicates the end of a conditional section.

□: Indicates items that should be selected based upon the section selection behavior.

Chapter 1. Mental Health: Suicidality

Clinical Context

[Begin Clinical Context.]

[Clinical Comment: Intended to support documentation of screening-related findings and decisions; and support initiation of appropriate clinical orders. The documentation template supports documentation of findings and decisions from screening for suicide risk, including options for using the Patient Health Questionnaire (PHQ), suicidality-related components of a mental health intake assessment, and suicide risk assessment.

VA clinical practice guidelines for suicide risk screening and management are regarded as the preferred source.]

Table 1.1. Clinical Context Domains

Target User	Mental health providers; other physicians and nurses performing screening
Patient	Patients identified as being at risk for suicide; members of patient cohorts identified for suicide risk screening
Priority	Routine
Specialty	Mental Health Primary Care
Location	Outpatient

[End Clinical Context.]

Knowledge Artifacts

[Begin Knowledge Artifacts.]

This section describes the CDS knowledge artifacts that are specific to the Suicide Risk Screening clinical use case. These artifacts include the Documentation Template and the Order Set and are described in detail in the following sections.

- A Documentation Template: Mental Health: Suicide Risk Assessment KNART
 - Documents the results of screening for suicide risk
 - Includes logic for appropriate display of documentation sections
- An Order Set: Positive Suicide Risk Screening KNART
 - Orderable items determined to be appropriate based on the findings and decisions recorded in the Suicide Risk Screening documentation template KNART

[End Knowledge Artifacts.]

Chapter 2. Documentation Template – Suicide Risk Assessment

[Begin Documentation Template – Suicide Risk Assessment.]

Knowledge Narrative

[Begin Knowledge Narrative.]

[See Clinical Context in Chapter 1.]

Suicide and self-directed violence are prevalent problems among veterans, who account for a significant proportion of deaths by suicide in the United States. In light of this, the VA has established the VA-Suicide Prevention and Application Network (SPAN) to coordinate the identification and reporting of suicide-related events, to facilitate the identification of individuals at high risk, to target interventions, and to support program planning and evaluation. Further efforts to address the problem systematically have the potential to improve the identification and treatment of veterans who are at increased risk of suicide.

[Technical Note: This documentation template should be available to mental health providers and other physicians and nurses caring for patients identified as being at risk for suicide or identified for suicide risk screening.]

[End Knowledge Narrative.]

Reason for Visit

[Begin Reason for Visit.]

<obtain> Reason for patient encounter in the VA today

[End Reason for Visit.]

Screening

[Begin Screening.]

[Technical Note: Patient Health Questionnaire-9 (PHQ-9) and Patient Health Questionnaire2+Ideation9 (PHQ2+I9) scores from the past 1 year should be presented to the user, with the dates of those scores, from available data.]

[Section Prompt: Patient Health Questionnaire2+Ideation9 (PHQ2+I9)]

[Technical Note: Patient Health Questionnaire2+Ideation9 (PHQ2+I9) calculates 2 scores, 1 for the PHQ2 and a separate score for question 9 on the PHQ-9. Scores are calculated by totaling the form label values (indicated by a number following each response option) for the form labels selected by the user. Note that the following form components are adapted from Kroenke 2001.]

Components of this form below are adapted from Kroenke 2001]

[Technical Note: PHQ2+I9 is defined as the PHQ2 (questions 1 and 2 from the PHQ-9), in addition to question 9 from PHQ-9.]

[Section Prompt: Patient Health Questionnaire2+Ideation9 (PHQ2+I9) is 3 questions, and scores are calculated separately for questions 1 and 2 (PHQ-2), and then for the 3rd question (question 9 on the PHQ-9) by totaling the numbers following response options below. A positive depression screen is defined as a total score of 3 or more on the first 2 questions, and a positive suicide screen is defined as any score above 0 on the third question.

[Section Prompt: Information on the PHQ-9 is available here:<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1495268>

[Section prompt: Ask the patient the following questions:]

[Section Prompt: “Over the past two weeks, how often have you been bothered by any of the following problems?”]

[Section Prompt: Little interest or pleasure in doing things?]

[Section Selection Behavior: Select one. Required.]

- ☐ Not at all (score =0)
- ☐ Several days (score =1)
- ☐ More than half the days (score =2)
- ☐ Nearly every day (score =3)

[Section Prompt: Feeling down, depressed, or hopeless?]

[Section Selection Behavior: Select one. Required.]

- ☐ Not at all (score =0)
- ☐ Several days (score =1)
- ☐ More than half the days (score =2)
- ☐ Nearly every day (score =3)

[Technical Note: A score weighting > 0 on the following question constitutes a positive suicide screen.]

[Section Prompt: Thoughts that you would be better off dead or of hurting yourself in some way?]

[Section Selection Behavior: Select one. Required.]

- ☐ Not at all (score =0)
- ☐ Several days (score =1)
- ☐ More than half the days (score =2)
- ☐ Nearly every day (score =3)

[Section Prompt: PHQ-2 score]

<Obtain>PHQ-2 score

[Section Prompt: PHQ-2 results (positive or negative)]

<Obtain>PHQ-2 results (positive or negative)

[Technical Note: Results are calculated as per the second section prompt in this section.]

[Section Prompt: For a positive PHQ-2 consider the following:]

[Technical Note: Upon completion of the PHQ-2, if the PHQ-2 was positive, the user should be presented with links to the following:

- Order Set: Mental Health Consult for Depression KNART
- Documentation Template Consult Request: Mental Health Consult for Depression KNART]

[Section Prompt: Suicide screen score]

<Obtain>Suicide screen score

[Section Prompt: Suicide screen results (positive or negative)]

<Obtain>> Suicide screen results (positive or negative)

[Technical Note: Results are calculated as per the second section prompt in this section.]

[Section Prompt: For positive responses to the suicidal ideation question consider the following:]

[Technical Note: Upon completion of the PHQ2+I9, if the score is > 0 on the question about suicidal ideation, the user should be presented with links to the following:

- Documentation Template: Mental Health Suicide Risk Assessment KNART
- Order Set: Mental Health Positive Suicide Risk Screening KNART.]

[Technical Note: PHQ2+I9 responses and scores from this documentation template should be used to prepopulate the corresponding questions in the PHQ-9 if it is accessed in another KNART.]

[Technical Note: If the score is > 0 on the question “Thoughts that you would be better off dead or of hurting yourself in some way” Then display the following section prompt.]

[Section Prompt: This screen has resulted in a positive result for suicide risk on the primary screen (PHQ2+I9). The secondary screen [Columbia-Suicide Severity Rating Scale (C-SSRS) screen] is required.]

[Technical Note: In accordance with policy in place at the time of implementation of this documentation template, the user completing the PHQ2+I9 screen may or may not be the person who is allowed to complete the C-SSRS.]

[Technical Note: If the score = 0 on the question “Thoughts that you would be better off dead or of hurting yourself in some way” Then display the following section prompt:]

[Section Prompt: This screen has resulted in a negative result on the primary screen (PHQ2+I9) for suicide risk. The secondary screen (C-SSRS screen) is not required.]

[Technical Note: A score weighting > 0 on the question “Thoughts that you would be better off dead or of hurting yourself in some way” constitutes a positive result for suicide risk on the primary screen (PHQ2+I9). If the primary screen (PHQ2+I9) is positive for suicide risk, then the secondary screen [Columbia-Suicide Severity Rating Scale (C-SSRS) screen] is required; if the primary screen (PHQ2+I9) is negative for suicide risk, then the secondary screen (C-SSRS screen) is optional and the following statement should be displayed to users: “The secondary screen (C-SSRS screen) is not required.” No restriction should be placed on the availability of the secondary screen (C-SSRS screen), but it should be required if the primary screen (PHQ2+I9) is positive for suicide risk and optional if the primary screen (PHQ2+I9) is negative for suicide risk.]

Secondary Screen [Columbia-Suicide Severity Rating Scale (C-SSRS) Screen]

[Technical Note: The secondary screen (C-SSRS screen) must be evaluated based on a step-wise analysis of question answers as described in the behaviors below. Adapted from Posner 2009 and Tri-Service Workflow 2017.]

[Section Selection Behavior: Select one response per question. Required.]

[Section Prompt: The timeframe for questions 1 through 5 is within the past month]

[Section Prompt: Wish to be dead: Person endorses thoughts about a wish to be dead or not alive anymore or wish to fall asleep and not wake up.]

1. [Section Prompt: Patient response to “Have you wished you were dead or wished you could go to sleep and not wake up?”]

☐ Yes

☐ No

[Section Prompt: Suicidal thoughts: General non-specific thoughts of wanting to end one's life/die by suicide, "I've thought about killing myself" without general thoughts of ways to kill oneself/associated methods, intent, or plan.]

2. [Section Prompt: Patient response to "Have you actually had any thoughts of killing yourself?"]

☐ Yes

☐ No

[Technical Note: Skip to question 6 if answer to question 2 is "No." Continue to question 3 if answer to question 2 is "Yes."]

[Section Prompt: Suicidal thoughts with method (without specific plan or intent to act: Person endorses thoughts of suicide and has thought of at least one method during the assessment period. This is different than a specific plan with time, place or method details worked out. "I thought about taking an overdose, but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it.")]

3. [Section Prompt: Patient response to "Have you been thinking about how you might do this?"]

☐ Yes

☐ No

[Section Prompt: Suicidal intent (without specific plan): Active suicidal thoughts of killing oneself and patient reports having some intent to act on such thoughts, as opposed to "I have the thoughts, but I definitely will not do anything about them."]

4. [Section Prompt: Patient response to "have you had these thoughts and had some intention of acting on them?"]

☐ Yes

☐ No

[Section Prompt: Suicide intent with specific plan: Thoughts of killing oneself with details of plan fully or partially worked out and person has some intent to carry it out.]

5. [Section Prompt: Patient response to "Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?"]

☐ Yes

☐ No

[Section Prompt: The timeframe for question 6a is the patient's entire lifetime]

6. [Section Prompt: Suicidal behavior question:]

6a. [Section Prompt: Patient response to "Have you ever done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc."]

☐ Yes

☐ No

[Technical Note: Display question 6b if answer to question 6a is "Yes."]

[Section Prompt: The timeframe for question 6b is the past 3 months]

6b. [Section Prompt: Patient response to “Were any of these in the past 3 months?”]

☐ Yes

☐ No

[Technical Note If: The answer to question 3, question 4, question 5, or question 6b is “Yes,” then display the following section prompt.]

[Section Prompt: This screen has resulted in a positive result on the C-SSRS and the VA Comprehensive Suicide Risk Assessment should be administered and used for risk factors and warning signs, protective factors, history of suicide attempts, and assessment and plan.]

[Clinical Note: Note that, as of January 2018, the VA Comprehensive Suicide Risk Assessment was being developed; when it becomes available, a link to it should be made available to users here if the screen is positive for suicide risk.]

<obtain> Additional information

[If: The answer to question 3, question 4, question 5, and question 6b are all “No,” then display the following section prompt.]

[Section Prompt: This screen has resulted in a negative result on the C-SSRS.]

[Technical Note: Provide link to Documentation Template-Consult Request: Mental Health - Consult for Depression KNART.]

[Link: Provide link to depression screen.]

[End Screening.]

Plan

[Begin Plan.]

☐ Continue routine ambulatory care

<Obtain> details

☐ Refer to mental health provider (routine)

☐ Refer to mental health provider now (same day)

[End Plan.]

Patient and Caregiver Education

[Begin Patient and Caregiver Education.]

[Technical Note: Allow users to set the default local VA facility telephone number in the space provided.]

[Section Prompt: Provide the following information to the Veteran: “We know that suicidal thoughts and urges can come on quick. If that happens for you, please reach out for some support by calling either the Veterans Crisis Line (1-800-273-TALK) or your local VA facility (___).”]

[Section Prompt: Access to Means Discussion:]

[Technical Note: Please provide a link to a brief education section about how to reduce access to means for committing suicide.]

Documentation Template
– Suicide Risk Assessment

[End Patient and Caregiver Education.]

[Technical Note: Upon completion of this documentation template, with a positive screen for suicide risk, activate the Order Set: Mental Health - Positive Suicide Risk Screening KNART.]

[End Documentation Template –Suicide Risk Assessment.]

Chapter 3. Order Set: Positive Suicide Risk Screening

[Begin Order Set: Positive Suicide Risk Screening.]

Knowledge Narrative

[Begin Knowledge Narrative.]

[See Clinical Context in Chapter 1.]

[Technical Note: This order set is intended for use by providers caring for patients in outpatient settings.]

[Link: Provide link to the VA Comprehensive Suicide Risk Assessment. Note that, as of January 2018, the VA Comprehensive Suicide Risk Assessment was being developed; when it becomes available, a link to it should be added here.]

[Link: Provide link to diagram "Algorithm A: Assessment and management of Risk for Suicide in Primary Care" on page 18 of https://www.healthquality.va.gov/guidelines/MH/srb/VADODCP_SuicideRisk_Full.pdf (VA/DoD 2013).]

[End Knowledge Narrative.]

Consults

[Begin Consults.]

- ☐ Refer to mental health provider (routine)
- ☐ Refer to mental health provider now (same day)

[End Consults.]

Follow up

[Begin Follow up.]

- ☐ Return to clinic in
<obtain> number of time intervals
- ☐ Days
- ☐ Weeks
- ☐ Month
- <Obtain> details

[End Follow up.]

[End Order Set: Positive Suicide Risk Screening.]

Bibliography/Evidence

[Technical Note: Once the links for the new VA/screening guidelines/protocols are made available they will be inserted here.] “Columbia Lighthouse Project. Columbia–Suicide Severity Rating Scale Screen Version – Recent. Columbia”. *Lighthouse Project website*. Accessed October 2017. <https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-communities-and-healthcare>.

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Appendix A. Existing Sample VA Artifacts

The following images are referenced from the Portland VA Medical Center (VAMC). Their intent is to assist future coders/implementers with thinking about what their end results might look like. The content in these images does not match what is defined in this document.

Figure A.1. Reminder Dialog Template: Suicide Risk Assessment (Image 1 of 5)

Reminder Dialog Template: SUICIDE RISK ASSESSMENT

Suicide Risk Assessment

SUICIDE RISK SCREENING QUESTIONS

Are you feeling hopeless about the present/future?

☐ No
☐ Yes

Have you had thoughts about taking your life?

☐ No
☐ Yes

When did you have these thoughts?

Do you have a plan to take your life?

☐ No
☐ Yes

Have you ever had a suicide attempt?

☐ No
☐ Yes

Determination of a positive preliminary risk assessment should be a clinical decision based on the Veterans answers to the preliminary risk assessment questions.

<< Suicide Prevention Website >>

☐ Patient does not exhibit preliminary risk at this time, no further assessment is required.
☐ Patient exhibits signs of risk
☐ Full assessment is required because Veteran is being admitted or establishing care with the Mental Health Service Line.

Visit Info Finish Cancel

Suicide Risk Assessment
Determination of a positive preliminary risk assessment should be a clinical decision based on the Veterans answers to the preliminary risk assessment questions.
<No encounter information entered>

* Indicates a Required Field

Figure A.2. Reminder Dialog Template: Suicide Risk Assessment (Image 2 of 5)

Reminder Dialog Template: SUICIDE RISK ASSESSMENT

☒ Full assessment is required because Veteran is being admitted or establishing care with the Mental Health Service Line.

Detailed Suicide Risk Assessment:

CURRENT WARNING SIGNS AND RISK FACTORS:

- ☐ Ideation
- ☐ Current alcohol and/or drug use
- ☐ Purposelessness
- ☐ Anxiety/ Agitation
- ☐ Trapped
- ☐ Hopelessness
- ☐ Withdrawing from friends, family, society
- ☐ Anger
- ☐ Impulsivity/ Poor self control - Recklessness
- ☐ Mood Changes
- ☐ None
- ☐ Other:

Social/demographic risk factors (check all that apply):

- ☐ Past suicide attempts
- ☐ History of self-harm behaviors
- ☐ Attempts among first degree relatives
- ☐ Elderly (65+)
- ☐ Young adult (15-24)
- ☐ Unmarried
- ☐ White
- ☐ Male
- ☐ Living alone
- ☐ Chronic physical disorder or pain
- ☐ Mental Health Diagnoses

Suicide Risk Assessment
Determination of a positive preliminary risk assessment should be a clinical decision based on the Veterans answers to the preliminary risk assessment questions.

Health Factors: SUICIDE RISK SCREENING

* Indicates a Required Field

Figure A.3. Reminder Dialog Template: Suicide Risk Assessment (Image 3 of 5)

Reminder Dialog Template: SUICIDE RISK ASSESSMENT

Current psychosocial stressors/recent losses (check all that apply):

- ☐ None identified
- ☐ Marriage difficulties
- ☐ Employment difficulties
- ☐ Financial difficulties
- ☐ Legal difficulties
- ☐ Sleep disturbances (unable to sleep or sleeping all the time)
- ☐ Health (especially a newly diagnosed problem or worsening symptoms)
- ☐ Recent discharge from an inpatient unit
- ☐ Other:

Access to guns? ☐ Yes ☐ No

Comment:

PROTECTIVE FACTORS:

- ☐ Positive social support
- ☐ Sense of responsibility to children/significant other
- ☐ Cultural/Religious/Spiritual beliefs
- ☐ Life satisfaction
- ☐ Reality testing ability
- ☐ Positive coping skills
- ☐ Positive problem-solving skills
- ☐ Positive therapeutic relationship
- ☐ Other:

OVERALL ASSESSMENT:

Given the veteran's presentation at the time of this assessment and considering the above noted risk and protective factors, in my clinical judgment the veteran's current risk potential for suicidal behavior is:

Suicide Risk Assessment

Determination of a positive preliminary risk assessment should be a clinical decision based on the Veterans answers to the preliminary risk assessment questions.

Health Factors: **SUICIDE RISK SCREENING**

* Indicates a Required Field

Figure A.4. Reminder Dialog Template: Suicide Risk Assessment (Image 4 of 5)

Reminder Dialog Template: SUICIDE RISK ASSESSMENT

☐ Health (especially a newly diagnosed problem or worsening symptoms)
☐ Recent discharge from an inpatient unit
☐ Other: _____

Access to guns? ☐ Yes ☐ No
Comment: _____

PROTECTIVE FACTORS:

☐ Positive social support
☐ Sense of responsibility to children/significant other
☐ Cultural/Religious/Spiritual beliefs
☐ Life satisfaction
☐ Reality testing ability
☐ Positive coping skills
☐ Positive problem-solving skills
☐ Positive therapeutic relationship
☐ Other: _____

OVERALL ASSESSMENT:

Given the veteran's presentation at the time of this assessment and considering the above noted risk and protective factors, in my clinical judgment the veteran's current risk potential for suicidal behavior is:

RATING OF SUICIDE RISK*

☐ **LOW:** Patient judged to be at low risk for suicide.
*(Check ALL that apply.)

☐ **MODERATE:** Patient judged to be at moderate risk for suicide.
*(Check ALL that apply)

☐ **HIGH:** Patient judged to be at high risk for suicide.
*(Check ALL that apply).

Suicide Risk Assessment
Determination of a positive preliminary risk assessment should be a clinical decision based on the Veterans answers to the preliminary risk assessment questions.

Health Factors: **SUICIDE RISK SCREENING**

* Indicates a Required Field

Figure A.5. Reminder Dialog Template: Suicide Risk Assessment (Image 5 of 5)

Reminder Dialog Template: SUICIDE RISK ASSESSMENT

☐ Life satisfaction
☐ Reality testing ability
☐ Positive coping skills
☐ Positive problem-solving skills
☐ Positive therapeutic relationship
☐ Other:

OVERALL ASSESSMENT:

Given the veteran's presentation at the time of this assessment and considering the above noted risk and protective factors, in my clinical judgment the veteran's current risk potential for suicidal behavior is:

RATING OF SUICIDE RISK*

☐ LOW: Patient judged to be at low risk for suicide.
*(Check ALL that apply.)

☐ MODERATE: Patient judged to be at moderate risk for suicide.
*(Check ALL that apply.)

☒ HIGH: Patient judged to be at high risk for suicide.
*(Check ALL that apply.)

*Notify Suicide Prevention Coordinator

PLAN OF CARE:

☐ Suicide Safety Plan completed/ or existing Safety Plan reviewed and updated.
☐ Family member/significant other informed and involved in plan.
☐ Intensive Outpatient Plan developed or updated because hospitalization not indicated, for the following reason(s) (response required):
☐ Escorted the veteran to ER for psychiatric evaluation for admission.
☐ Patient directly admitted to appropriate Psychiatry Inpatient Service (patient directly observed until evaluated by admitting physician).
☐ Involuntary commitment procedures initiated.
Other:

Suicide Risk Assessment
Determination of a positive preliminary risk assessment should be a clinical decision based on the Veterans answers to the preliminary risk assessment questions.

Health Factors: **SUICIDE HIGH RISK FACTOR, SUICIDE RISK SCREENING**
Orders: **HIGH RISK**
* Indicates a Required Field

Figure A.6. Template: MHC Same Day Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Initial Screen Consult Note - Mental Health Impact Assessment (MHIA) (Image 1 of 6)

Template: MHC SAME DAY OEF/OIF INITIAL SCREEN CONSULT NOTE-MHIA

☒ SUICIDE RISK ASSESSMENT

Only an MD, PhD, PA, APRN [CNS or NP] or Social Worker, can enter a Suicide Risk Assessment.

☒ SUICIDE RISK FACTORS

DEMOGRAPHICS

YES NO UNK

☐ ☐ ☐ Male

☐ ☐ ☐ Age:25 or <

☐ ☐ ☐ Age:65 or >

☐ ☐ ☐ Lives alone

DIAGNOSES

YES NO UNK

☐ ☐ ☐ History of Alcohol or Drug Abuse/Dependence

☐ ☐ ☐ Depressed/Depression spectrum or Bipolar disorder

☐ ☐ ☐ Psychotic/Psychotic spectrum disorder

☐ ☐ ☐ Personality disorder
(esp.borderline, antisocial, narcissistic)

☐ ☐ ☐ New onset of severe mental disorder
(e.g., 1st break psychosis)

SOCIAL AND MEDICAL FACTORS

YES NO UNK

☐ ☐ ☐ Homelessness

☐ ☐ ☐ Pending/unplanned discharge from inpatient/residential program

☐ ☐ ☐ Discharge from mental health inpatient unit within previous 30 days

☐ ☐ ☐ Recent release from jail or prison

☐ ☐ ☐ Financial problems

☐ ☐ ☐ Employment problems

☐ ☐ ☐ Legal problems

☐ ☐ ☐ Loss of significant interpersonal relationship
(bereavement, divorce, separation)

☐ ☐ ☐ Lack of social support system

☐ ☐ ☐ Disability/functional impairment

☐ ☐ ☐ Severe/Chronic Medical problems

☐ ☐ ☐ Chronic Pain

All None * Indicates a Required Field Preview OK Cancel

Figure A.7. Template: MHC Same Day Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Initial Screen Consult Note - Mental Health Impact Assessment (MHIA) (Image 2 of 6)

Template: MHC SAME DAY OEF/OIF INITIAL SCREEN CONSULT NOTE-MHIA

HISTORICAL FACTORS (Lifetime)
YES NO UNK

☐ ☐ ☐ History of prior suicidal ideation
☐ ☐ ☐ History of prior threats of suicide
☐ ☐ ☐ History of minimally self-injurious behavior
(e.g. superficial wrist cutting)
☐ ☐ ☐ History of prior suicide attempts (even if aborted
by patient)
☐ ☐ ☐ High lethality of prior suicide attempts
☐ ☐ ☐ Family history of completed suicide
☐ ☐ ☐ History of violence to others
☐ ☐ ☐ History of impulsivity
☐ ☐ ☐ History of being sexually abused

ACUTE/CURRENT STATUS RISK FACTORS
YES NO UNK

☐ ☐ ☐ Current suicidal ideation
☐ ☐ ☐ Plan or intention to attempt suicide/self-harm
☐ ☐ ☐ Inability/unwillingness to commit to contacting
staff in event of increase in suicidality
☐ ☐ ☐ Intense acute agitation/anxiety
☐ ☐ ☐ Command hallucination for self-harm or violence
☐ ☐ ☐ Medication non-adherence
☐ ☐ ☐ Acute intoxication
☐ ☐ ☐ Insomnia
☐ ☐ ☐ Anhedonia
☐ ☐ ☐ Hopelessness
☐ ☐ ☐ Homicidal ideation
☐ ☐ ☐ Available means
☐ ☐ ☐ Possession of firearms
☐ ☐ ☐ Upcoming anniversary date(s) e.g., anniversary of
spouse's death, traumatic event
☐ ☐ ☐ Treatment non-adherence (e.g., drop-out)
☐ ☐ ☐ Other:Please specify:

SUICIDE PROTECTIVE FACTORS (STRENGTHS)
YES NO UNK

* Indicates a Required Field

Figure A.8. Template: MHC Same Day Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Initial Screen Consult Note - Mental Health Impact Assessment (MHIA) (Image 3 of 6)

Template: MHC SAME DAY OEF/OIF INITIAL SCREEN CONSULT NOTE-MHIA

SUICIDE PROTECTIVE FACTORS (STRENGTHS)

YES NO UNK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Social/Family Support
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Religiosity/Cultural Beliefs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Positive Life satisfaction
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Children in the home/responsibility to family
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Intact Reality testing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Coping skills/Problem Solving Skills (Strong)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Planning for the Future
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Established positive therapeutic alliance

Other:
Please specify:

OVERALL SUICIDE RISK ASSESSMENT

In a paragraph, (1) discuss the most salient risk and protective factors, (2) reach a conclusion regarding the level of risk (e.g., low, medium, or high) & (3) record your plan to manage that risk. *

Examples:

"Considerable static suicide risk factors-older white male with a history of recurrent major depression & alcohol dependence. However, the depression has resolved, he's hopeful, he plans to continue attending AA and has not thought of suicide for 5 days. Risk now low enough to safely discharge patient and continue him on outpatient status with initial clinic visit within one week. Pt. understands that he can contact case manager if he feels he needs earlier appointment."

"Pt. expressing active suicidal ideation, has auditory command hallucinations, is agitated, feels hopeless, not sleeping well, unemployed and homeless, positive history of prior suicidal attempts and significant impulsive behavior, says he has access to guns, history of completed suicides by family members, also chronic pain. Supportive family is only protective factor identified. Place on 5150 and admit to inpatient mental health unit."

* Indicates a Required Field

Figure A.9. Template: MHC Same Day Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Initial Screen Consult Note - Mental Health Impact Assessment (MHIA) (Image 4 of 6)

[illegible]

Figure A.10. Template: MHC Same Day Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Initial Screen Consult Note - Mental Health Impact Assessment (MHIA) (Image 5 of 6)

Template: MHC SAME DAY OEF/OIF INITIAL SCREEN CONSULT NOTE-MHIA

☒ SUICIDE PREVENTION PLAN

☒ For outpatient settings on admission to inpatient status

☐ Assign Legal Status and complete necessary documentation
Legal Status:

☐ voluntary

☐ S150 (Specify)

☒ other involuntary status (please specify)

Assess Nursing Requirements

☐ check patient every 15 minutes

☐ patient must be in view at all times (FOR PATIENTS WHO ARE ALSO HIGH VIOLENCE RISK DTO)

☐ 1:1 nursing observation within arms length ('S' status) (NOT FOR PATIENTS ALSO ON HOLD FO

Admit Patient

☐ write admission order(s) ☐ contact ED (ED pager=5625, ED phone=310-268-3169)

☐ contact Nurse Case Manager to locate bed (310-678-0108)

Other (describe):

☐ For outpatient settings-continued outpatient care

☐ ASSESSMENT OF VIOLENCE RISK FACTORS:

☐ DIAGNOSES (The following diagnoses are based on DSM 5 criteria)
Mental Health Diagnoses and Relevant Medical Conditions:

Significant Psychosocial and Contextual Factors:

All None * Indicates a Required Field Preview OK Cancel

Figure A.11. Template: MHC Same Day Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Initial Screen Consult Note - Mental Health Impact Assessment (MHIA) (Image 6 of 6)

Template: MHC SAME DAY OEF/OIF INITIAL SCREEN CONSULT NOTE-MHIA

☒ SUICIDE PREVENTION PLAN

☐ For outpatient settings on admission to inpatient status

☒ For outpatient settings-continued outpatient care

☐ Schedule clinic appointment within:

☐ 24 hours

☐ 48 hours

☐ 7 Days

☐ 30 days-for low risk patients only

☐ other (specify)

☐ discharge from clinic (specify reason)

Schedule follow-up telephone contact within:

☐ N/A

☐ 24 hours

☐ 48 hours

☐ Other interval (specify)

☐ specify provider name and phone contact

Provide/arrange psychosocial assistance (specify)

Give patient and family/friend information about 24/7/365 crisis resources with instructions

☐ 1-800-273-TALK (8255) National Suicide Hotline

☐ West Los Angeles ED 310-268-3169

☐ 911

☐ N/A

☐ ASSESSMENT OF VIOLENCE RISK FACTORS-

All None * Indicates a Required Field Preview OK Cancel

Figure A.12. Safety Plan (image 1 of 20)

Reminder Dialog Template: Suicide Safety Plan

If Veteran declines to complete the Safety Planning OR if you are reviewing the Safety Plan with the Veteran and no changes are needed, please complete the ***Safety Plan Review/Decline*** note to document the review/decline.

If, upon review, changes need to be made to the Safety Plan, continue with this note, completing ALL fields and incorporating changes.

☒ View information about Safety Plans and help for completing them

The Safety Plan is a pre-determined written list of coping strategies and sources of support that Veterans who are at risk for suicide can use before or during a crisis. The rationale for using a Safety Plan is to help Veterans recognize when they are experiencing a crisis and to use specific strategies to avert a crisis and prevent them from acting on their suicidal thoughts and urges. The Safety Plan serves as an emergency plan to use during crises when problem solving abilities often diminish.

The Safety Plan is a brief, easy-to-read, document that uses the Veteran's own words. To foster collaboration, it is best to complete a paper and pen version of the plan with the Veteran prior to entering it into CPRS. The template allows for a limited number of characters per line and a limited number of lines. Once you click 'finish', however, you can add beyond those character and line limits for cases where the Veteran has developed a particularly robust and detailed Safety Plan. Veterans must be given a hard copy of the Safety Plan as it may serve as a reminder to engage in strategies to reduce risk. Many Veterans may also choose to enter much of the safety plan information into a related smartphone app, such as MY3 or Virtual Hope Box.

Before introducing the Safety Plan template or form, it is recommended that the clinician ask the Veteran to briefly describe his or her crisis that was associated with an increased risk for suicide. For example, the clinician may ask: "Would you tell me what happened when you experienced..."

[Visit Info](#) [Finish](#) [Cancel](#)

=====

SAFETY PLAN

=====

Health Factors: VA-NALOXONE NOT NEEDED. VA-SP CG GIVEN COPY NO. VA-SP DISTRESS HELP YES. VA-SP FIREARM ACCESS YES. VA-SP GUNLOCK OFFERED NO. VA-SP OPIOID ACCESS YES. VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.13. Safety Plan (image 2 of 20)

Reminder Dialog Template: Suicide Safety Plan

Before introducing the Safety Plan template or form, it is recommended that the clinician ask the Veteran to briefly describe his or her crisis that was associated with an increased risk for suicide. For example, the clinician may ask, "Would you tell me what happened when you experienced a crisis and were in danger of acting on your suicidal feelings?" Offer empathy and support when asking about the crisis. From the Veteran's description, it is helpful for the Veteran to identify the warning signs associated with the beginning of the crisis and to observe how suicidal thoughts come and go as the crisis diminishes. The rationale for obtaining this information is for the Veteran to see how it may be possible to avert or de-escalate a crisis by recognizing when a crisis begins or worsens and then using coping strategies and other sources of support in a step-by-step way. Explain that suicidal feelings do not last indefinitely and that having strategies to cope in place beforehand can help manage a suicidal crisis and allow the crisis to pass without engaging in suicidal behavior.

The Veteran is informed that once the Veteran recognizes the warning signs, then he or she should follow the steps described on the Safety Plan. If following the coping strategies described for one step are unhelpful for de-escalating the crisis, then the Veteran is encouraged to go to the next step on the Safety Plan and continue to follow the steps until the crisis is diminishes and the risk for suicide is lower. However, the Veteran is also informed that it is not necessary to follow this list of strategies before reaching out for help.

After the Safety Plan is developed, review the entire Safety Plan with the Veteran, assess the likelihood that the Safety Plan plan will be used and problem-solve with the Veteran any barriers to using the plan. Discuss where the Veteran will keep the Safety Plan, specifically. Evaluate whether the content and format is appropriate and feasible for the Veteran's capacity and circumstances.

Review the entire Safety Plan periodically with the Veteran and family

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.14. Safety Plan (image 3 of 20)

Reminder Dialog Template: Suicide Safety Plan

Evaluate whether the content and format is appropriate and reasonable for the Veteran's capacity and circumstances.

Review the entire Safety Plan periodically with the Veteran and family members (if appropriate) when the Veteran's circumstances or needs change. The clinician may ask, (1) Do you remember the last Safety Plan you developed? (2) Have you actually used the Safety Plan? (3) If so, was the Safety Plan helpful for preventing you from acting on your suicidal thoughts and urges? If not, why not? (4) How can the Safety Plan be revised so that it can be more helpful to you?

☒ View information about collaboratively completing Safety Plan

When completing each of the following 6 steps of the Safety Plan, the clinician collaboratively works with the Veteran to: (1) understand the reasons for each step, (2) brainstorm ideas, by asking the Veteran for suggestions or offering choices, to identify specific warning signs, coping strategies, or resources, and (3) ask for feedback to improve feasibility and remove barriers for each response. The Safety Plan is not simply a form to be filled out without involvement of the clinician.

Some Veterans can create a robust safety plan with many more interventions per section. The clinician can add these interventions to the note after finishing the template.

☒ View time requirement for safety planning

The time required for safety planning varies, but it is not meant to be a brief process. It generally takes 20-30 minutes or longer to complete a new Safety Plan; updating a Safety Plan may take less time but should still be thorough.

☒ View Safety Planning resources

Safety Planning Resources:
For VA educational materials for safety planning including the updated safety planning manual, educational videos, and other resources, visit:
[Suicide Prevention Safety Planning \(SharePoint\)](#)

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED. VA-SP CG GIVEN COPY NO. VA-SP DISTRESS HELP YES. VA-SP FIREARM ACCESS YES. VA-SP GUNLOCK OFFERED NO. VA-SP OPIOID ACCESS YES. VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.15. Safety Plan (image 4 of 20)

Reminder Dialog Template: Suicide Safety Plan

For additional support in safety planning (including lethal means safety counseling), please contact the VA Suicide Risk Management Consultation Program via [Email \(Left Click and Allow\)](#) or visit the [VA Suicide Risk Management Consultation Program](#) for more information.

Click [here for a printable BLANK Safety Plan](#) for the Veteran to complete if paper/pen is preferred.
Click [here for a printable blank Safety Plan with CLINICIAN INSTRUCTIONS](#) as an alternative to referring to on-screen instructions.

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SAFETY PLAN

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Please follow the steps described below on your Safety Plan.
If you are experiencing a medical or mental health emergency, please call 911, at any time.
If you are unable to reach your safety contacts or you are in crisis, please call the Veterans Crisis Line at 1-800-273-8255 (press 1).

Step 1: Triggers, Risk Factors and Warning Signs

☒ View PURPOSE for Step 1

Purpose: Explain to the Veteran that it is important to identify and recognize specific warning signs when a crisis is occurring or escalating to remind the Veteran to use the Safety Plan. Identify specific thoughts, images, emotions, physical sensations, or behaviors that occur during crises and record them using the Veteran's own words. If the Veteran has described the suicidal crisis, you will already have a sense of the warning signs. If the Veteran is struggling to identify warning signs, you can help by making suggestions derived from the crisis narrative

=====

SAFETY PLAN

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Health Factors: VA-NALOXONE NOT NEEDED. VA-SP CG GIVEN COPY NO. VA-SP DISTRESS HELP YES. VA-SP FIREARM ACCESS YES. VA-SP GUNLOCK OFFERED NO. VA-SP OPIOID ACCESS YES. VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.16. Safety Plan (image 5 of 20)

Reminder Dialog Template: Suicide Safety Plan

crises and record them using the veteran's own words. If the veteran has described the suicidal crisis, you will already have a sense of the warning signs. If the Veteran is struggling to identify warning signs, you can help by making suggestions derived from the crisis narrative.

Note that triggers describe external life events that occur which may be associated with a crisis and warning signs generally indicate how the Veteran is reacting to these events. Risk factors are those clinical characteristics or experiences associated with imminent suicide risk.

☒ View TIP for identifying specific vs. vague warning signs

TIP: Given that warning signs serve as a reminder to use the Safety Plan, it is important that they are specific and not vague signs. Examples of vague signs are "thinking about the future," feeling upset, feeling out of it, and arguing. Work with the Veteran to identify vague signs and make them more specific.

☒ View TIP for identifying internal vs. external warning signs

TIP: It is better to identify warning signs that are internal rather than external events. For example, if the Veteran identifies a financial set back as a warning sign, ask, "What could be your reaction to this set back that indicates you are experiencing a crisis?"

Ask - "How will you know when you are in crisis and that the Safety Plan should be used? What are your personal red flags?"

Specific examples of warning signs:

- Thoughts: "I feel worthless." "I feel like a burden to my family." "It's hopeless; things won't change or get better." "There is no way out other than to kill myself."
- Having racing thoughts, thinking about many problems with no conclusions (feeling overwhelmed)
- Intense emotions: Feeling very depressed, anxious, angry, shame
- Physical sensations: Not sleeping, loss of appetite

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SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.17. Safety Plan (image 6 of 20)

Figure A.18. Safety Plan (image 7 of 20)

Reminder Dialog Template: Suicide Safety Plan

Step 2: Internal Coping Strategies

- ☒ View PURPOSE for Step 2
Purpose: Explain to the Veteran that the purpose of internal coping strategies is to help take the individual's mind off one's problems to prevent escalation of suicidal thoughts and prevent making a suicide attempt. The clinician should ask Veterans to identify specific behavioral activities that can serve as strong distractors to suicidal thinking without contacting another person. The warning signs identified in Step 1 do not have to be addressed specifically during this step. Engaging in problem solving or responding to specific thoughts is often challenging to do during a crisis. The best strategies here are simple, easy to absorb and use.
- ☒ View TIP for identifying specific vs. vague activities
TIP: Activities that are vague are less likely to be used or helpful than specific ones. For example, "watching a (specific) comedy show" is better than "watching television." Identifying activities that are meaningful, enjoyable, soothing or offer hope are helpful as long as they serve as effective distractors from one's problems.
- ☒ View TIP for endorsing productive distracting activities
TIP: Do not endorse distracting activities that are likely to increase suicide risk such as "having a few drinks", "sharpening knives", "cleaning my firearms", etc.
- ☒ View TIP for creating Virtual Hope Box as coping strategy
TIP: Consider sharing information or working with the Veteran to create a Virtual Hope Box as a coping strategy; you can find more information about Virtual Hope Box and how to install it on a smartphone here: [Virtual Hope Box](#)

Ask: What can you do on your own to help you to stay safe and not

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SAFETY PLAN

=====

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.19. Safety Plan (image 8 of 20)

Reminder Dialog Template: Suicide Safety Plan

Ask - What can you do, on your own, to help you to stay safe and not act on your suicidal thoughts or urges in the future? What have you done in the past to stay safe?

1. test test test test test test test
2. test test test test test test test test test test test test test test test test
3. test test test test test test test test test
4. test test test test test test test
- 5.

Review: Assess the likelihood of using internal coping strategies and explore potential barriers for each response listed on the Safety Plan. Ask "How likely do you think you would be able to do this strategy during a time of crisis?" If doubt about use is expressed, ask, "What might stand in the way of you thinking of

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SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.20. Safety Plan (image 9 of 20)

Reminder Dialog Template: Suicide Safety Plan

strategy during a time of crisis?" If doubt about use is expressed, ask, "What might stand in the way of you thinking of each of these activities or doing them if you think of them?" Use a collaborative, problem solving approach to address potential roadblocks and identify alternative coping strategies.

Step 3: Social Contacts Who May Distract from the Crisis

☒ View PURPOSE for Step 3

Purpose: Encourage engagement with people and social settings that provide distraction. Clinicians and formal health or mental health care providers should not be included in this Step. Remind the Veteran to use Step 3 if Step 2 does not resolve the crisis or lower risk.

If the Veteran does not want to reveal social contacts, it is okay to leave this section blank after discussion, but in such cases, the clinician must select the item at the bottom of this section stating that Veteran describes a lack of social contacts. Otherwise, this section will be considered incomplete.

The Veteran can also use a nickname or first name only for the contact(s) if he/she does not want to provide full names.

Ask - Other than mental health providers and counselors, who can you contact who helps take your mind off your problems or helps you feel better?

☒ Enter contacts here

Name: Social First Contact
Phone number: 352-376-1611

☒ Additional contact

=====

SAFETY PLAN

=====

Health Factors: VA-NALOXONE NOT NEEDED. VA-SP CG GIVEN COPY NO. VA-SP DISTRESS HELP YES. VA-SP FIREARM ACCESS YES. VA-SP GUNLOCK OFFERED NO. VA-SP OPIOID ACCESS YES. VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.21. Safety Plan (image 10 of 20)

Reminder Dialog Template: Suicide Safety Plan

☒ Additional contact

Name: Social Two Contact

Phone number: 352-376-1611

☐ Additional contact

☐ Additional contact

☐ Additional contact

☐ Veteran describes a lack of social contacts.

Ask - What public places, groups, or social events help you feel better?

Examples of social settings include community events, beaches, parks, coffee shops, malls, churches, clubs, 12 step meetings, aftercare groups, support groups, Veterans organizations, Vet center social events.

☒ View TIP on identifying specific vs. vague places

TIP: Specific places should be identified rather than vague places. Be sure that the identified person or place does not increase suicide risk, such as going to the bar. Also, places that are readily accessible and frequently available are best. Social activities that require advanced planning are not typically helpful here.

1. test test test test test test test test

2. test test test test test test test test test test

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.22. Safety Plan (image 11 of 20)

Reminder Dialog Template: Suicide Safety Plan

2. test test test test test test test test test

3. test test test test test test test

4.

5.

6.

Review: Assess likelihood that the Veteran will contact others or visit places or events listed during a crisis; identify potential barriers and resolve them. Ensure that listed places are ones that the Veteran would be willing to visit and believes they are likely to visit. Do not list places or events (such as AA meetings, church services, Vet center events) that Veteran has never visited in the past and that Veteran may have no real intent to visit but "sounds good" to the clinician.

Visit Info Finish Cancel

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.23. Safety Plan (image 12 of 20)

Reminder Dialog Template: Suicide Safety Plan

Step 4: Family Members or Friends Who May Offer Help

☒ View PURPOSE for Step 4

Purpose: Explain to the Veteran that the next step on the Safety Plan involves telling a family member or friend that he/she is in crisis and needs support. Instruct the Veteran to use Step 4 if Step 3 does not resolve the crisis or lower risk. Help the Veteran distinguish between individuals who are distractors (Step 3) and individuals who can help resolve the crisis.

If the Veteran does not want to reveal his/her distress to family members, it is okay to leave this section blank after discussion, but you must select one or both items at the bottom of this section stating that Veteran describes a lack of family or friends or chooses not to disclose distress to friends or family.

Otherwise, this section will be considered incomplete.

☒ View TIP for encouraging Veteran to share if willing

TIP: This step is an opportunity to encourage Veteran to share their completed Safety Plan with trusted family and friends if they are so willing. The Veteran may ask family members or friends to use or follow the Safety Plan if they observe that the Veteran is in crisis.

☒ View TIP for disclosure of no support

TIP: If the Veteran discloses having no friend/family support, then consider interventions to address social isolation or social skills, such as social skills training, peer support, intensive referral to mutual help, group therapy, behavioral activation, etc.

As with Step 3, nicknames or first names can be provided.

[Visit Info](#) [Finish](#) [Cancel](#)

=====

SAFETY PLAN

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Health Factors: VA-NALOXONE NOT NEEDED. VA-SP CG GIVEN COPY NO. VA-SP DISTRESS HELP YES. VA-SP FIREARM ACCESS YES. VA-SP GUNLOCK OFFERED NO. VA-SP OPIOID ACCESS YES. VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.24. Safety Plan (image 13 of 20)

Reminder Dialog Template: Suicide Safety Plan

As with Step 3, nicknames or first names can be provided.

Ask - Who are friends or family members who should be included in your plan?

☒ Enter friends/family members here

Name: First Family Helper
Phone number: 352-376-1611

☒ Additional contact

Name: Friend Helper
Phone number: 352-376-1611

☐ Additional contact

☐ Additional contact

☐ Additional contact

☐ Additional contact

☐ Veteran describes a lack of family or friends.

☐ Veteran chooses not to disclose distress to friends or family.

Review: Assess likelihood individual will engage in this step; identify potential obstacles and problem solve. If the Veteran expresses doubt about use of this step, role play and rehearsal may be useful.

Step 5: Professionals and Agencies to Contact for Help

☒ View PURPOSE for Step 5

Purpose: List professionals/services to reach out to if previous step did not resolve the crisis. Instruct the Veteran to use Step 5

[Visit Info](#) [Finish](#) [Cancel](#)

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.25. Safety Plan (image 14 of 20)

Reminder Dialog Template: Suicide Safety Plan

☒ View PURPOSE for Step 5

Purpose: List professionals/services to reach out to if previous step did not resolve the crisis. Instruct the Veteran to use Step 5 if Step 4 does not resolve the crisis or lower risk.

This section should not be left blank; if the Veteran does not name any other professional contacts, list yourself as a provider to contact.

Ask - Who are the mental health professionals or professional peer supports who should be included in your plan?
Please list the numbers you would call in the order you would call them.

Name: Professional Contact
Phone number: 352-548-6000

☐ Additional contact
☐ Additional contact
☐ Additional contact

Veterans Crisis Line: 1 - 800 - 273 - TALK (8255), press 1
Veterans Crisis Line Text Messaging Service: 838255
Veterans Crisis Line: <https://www.veteranscrisisline.net/chat>

Call "911" in an emergency

If you need to go to an urgent care center or emergency room, where will you go?

Facility name: Malcom Randall VA Medical Center
Facility address: 1601 SW Archer Rd
City/State/Zip: Gainesville, FL 32608
Facility phone number: 352-376-1611

===== SAFETY PLAN =====

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.26. Safety Plan (image 15 of 20)

Reminder Dialog Template: Suicide Safety Plan

City/State/Zip: Gainesville, FL 32606

Facility phone number: 352-376-1611

Local VA site-specific emergency numbers:

Review: Assess likelihood individual will engage in this step; identify potential barriers to seeking professional help or services and assist in problem solving these barriers. If the Veteran expresses doubt about use of this step, role play and rehearsal may be useful.

Step 6: Making the Environment Safe

☒ View PURPOSE for Step 6

Purpose: Assess whether the Veteran has thought about a method or developed a specific plan to kill himself/herself. For each method or plan that is identified, determine the Veteran's access to lethal means and collaborate with Veteran to find acceptable, voluntary options that reduce access to those means and make the environment safer. These actions may include locking up or finding temporary offsite storage for excess medications, firearms, knives or other weapons. Explain to the Veteran that having ready access to lethal means places the Veteran at greater risk for suicide and does not allow enough time for the Veteran to use the coping strategies or sources of support listed on the Safety Plan. Motivational interviewing principles and a Veteran-centric approach are helpful guides to this conversation. If reluctance is expressed, ask the Veteran to identify the pros and cons of having access to the lethal method.

Planning barriers to access is a multi-step process and may include follow-up with the Veteran and/or a trusted person to confirm the

=====

SAFETY PLAN

=====

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.27. Safety Plan (image 16 of 20)

Reminder Dialog Template: Suicide Safety Plan

Planning barriers to access is a multi-step process and may include follow-up with the Veteran and/or a trusted person to confirm the plan was implemented.

☒ View TIP for discussing lethal means

TIP: When the Veteran declines to disclose ownership of lethal means explore their concerns. Reframe the clinical rationale and reassure Veteran that reducing access to means is a highly effective strategy to prevent suicide. Suicide attempts often occur impulsively and a delay in accessing means can provide the individual time to calm and apply the steps in their Safety Plan.

When the Veteran expresses that a firearm is necessary for self-protection, explore alternatives including alternative means of self-protection that cannot be used as a means for suicide.

The Veteran may express concerns about the firearm discussion/information being documented in their medical record. It is okay to keep this information outside of the medical record if that is the Veteran's preference. Assure her/him that they have a choice about whether the discussion is recorded in the medical record, and the choice will be honored.

☒ View TIP for ensuring comprehensive discussion of lethal means

TIP: Do not limit discussion of lethal object to the one Veteran identifies as most likely. Limiting access to any means immediately available is important even if Veteran states that they would never use that particular means.

Ask - What items in your environment might you use to hurt yourself?

TIP: These may include weapons, firearms, drugs, medications, household toxins, alcohol or other potentially lethal items. If the Veteran has a plan for suicide, be sure to explore access to the means for that plan.

[Visit Info](#) [Finish](#) [Cancel](#)

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.28. Safety Plan (image 17 of 20)

Reminder Dialog Template: Suicide Safety Plan

household toxins, alcohol or other potentially lethal items.
If the Veteran has a plan for suicide, be sure to explore access to the means for that plan.

Ask - What can we do to make the environment safer?
TIP: Discuss ways of eliminating, reducing or slowing access to potentially harmful items.

Ways to make my environment safer and barriers I will use to protect myself from these other potentially lethal means:
test test test test test test

State: VA has some tools to offer you [Veteran] if you have access to certain potential lethal means.

Ask - Do you have access to firearms?
☐ No
☒ Yes

Do: Discuss firearm safety with the Veteran, including:

- asking how firearms and ammunition are stored
- considering options for improving safe storage such as using gun locks and giving the key to a trusted friend/relative, removing the firing pin and giving to a trusted friend/relative, or temporary off-site storage of the firearm when feasible.
- of note: laws and regulations on transferring guns and gun ownership vary by state; consult with an SPC at your facility for additional information as needed

Firearm safety discussed with the Veteran:

[Visit Info](#) [Finish](#) [Cancel](#)

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.29. Safety Plan (image 18 of 20)

Reminder Dialog Template: Suicide Safety Plan

Firearm safety discussed with the Veteran:

☒ Yes
☐ No

Veteran offered a gunlock:

☐ Yes
☒ No

Reason: * test test test

Ask - Do you have access to opioids?

☐ No
☒ Yes

Do: Discuss opioid safety and provide education on overdose identification and naloxone reversal.

[Education for patients prescribed opioids \(English\)](#)
[Education for patients prescribed opioids \(Spanish\)](#)

[Education for patients with opioid use disorder \(English\)](#)
[Education for patients with opioid use disorder \(Spanish\)](#)

Did you discuss safety and provide overdose education with the Veteran including the use of naloxone?

☒ Yes
☐ No

Did you offer a naloxone prescription to the Veteran?

☐ Yes and ordered naloxone prescription

[Visit Info](#) [Finish](#) [Cancel](#)

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.30. Safety Plan (image 19 of 20)

Reminder Dialog Template: Suicide Safety Plan

Did you offer a naloxone prescription to the Veteran?

☐ Yes and ordered naloxone prescription

☐ Yes and provider notified of request for naloxone prescription

☐ Yes and patient declined prescription

☒ No; prescription not needed at this time

Explain why not: * test test test

These are the people who will help me protect myself from having access to dangerous items:

Name: Danger Protector

Phone: 352-548-6000

☐ Additional name

Planned Follow-up date to confirm dangerous items are not easily accessible: Feb 14, 2018

Choose one below regarding current physical address:

☒ Veteran's current, physical address:

Address: *1601 SW Archer Rd

City/State/Zip: *Gainesville, FL 32608

☐ Veteran declines to share current physical address.

Other Resources:

- My3 smartphone application (copy of Safety Plan on smartphone)
- Virtual Hope Box smartphone application (create a hope box to remember good things in one's life)
- Maketheconnection.net (source of Veteran-related resources and information)

Visit Info Finish Cancel

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.31. Safety Plan (image 20 of 20)

Reminder Dialog Template: Suicide Safety Plan

My Smartphone application (copy of Safety Plan on Smartphone)

- Virtual Hope Box smartphone application (create a hope box to remember good things in one's life)
- Maketheconnection.net (source of Veteran-related resources and information)
- VetsPrevail.org (online therapy and/or chat with trained peer support; can access online or on smartphone)

Ensure Veteran and/or caregiver has been given a copy of the Safety Plan.

Veteran has been given a copy of this Safety Plan:

☒ Yes
☐ No

Caregiver (if Veteran provides permission) has been given a copy of this Safety Plan:

☐ Yes
☒ No

Reason: * did not want to share with Caregiver

☐ N/A (no caregiver)

SAFETY CONTACTS

Explain to the Veteran that, in the event you are unable to reach the Veteran and are concerned about his/her safety, you would like to be able to contact someone who may be able to provide you with information about the Veteran's whereabouts/well-being. Ask the Veteran if he/she has a family member, friend, or other trusted person who he/she would allow you to call to enquire about his/her safety.

Provider may contact the following people to check on safety (include phone number):

☒ Safety contact.

[Visit Info](#) [Finish](#) [Cancel](#)

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Figure A.32.

Reminder Dialog Template: Suicide Safety Plan

Veteran has been given a copy of this Safety Plan:

☒ Yes
☐ No

Caregiver (if Veteran provides permission) has been given a copy of this Safety Plan:

☐ Yes
☒ No

Reason: * did not want to share with Caregiver

☐ N/A (no caregiver)

SAFETY CONTACTS
Explain to the Veteran that, in the event you are unable to reach the Veteran and are concerned about his/her safety, you would like to be able to contact someone who may be able to provide you with information about the Veteran's whereabouts/well-being. Ask the Veteran if he/she has a family member, friend, or other trusted person who he/she would allow you to call to enquire about his/her safety.

Provider may contact the following people to check on safety (include phone number):

☒ Safety contact

Name: First Safety Contact
Phone: 352-548-6000
Release of Information on file: ☐ Yes ☒ No

☐ Additional safety contact

☐ Veteran declines to designate a Safety contact.

Visit Info Finish Cancel

SAFETY PLAN

Health Factors: VA-NALOXONE NOT NEEDED, VA-SP CG GIVEN COPY NO, VA-SP DISTRESS HELP YES, VA-SP FIREARM ACCESS YES, VA-SP GUNLOCK OFFERED NO, VA-SP OPIOID ACCESS YES, VA-SP SOCIAL CONTACTS YES

* Indicates a Required Field

Future Artifacts

Note: Documents 1-3, and Figure 12 are draft future artifacts provided by Dr. Catherine Barry/Dr. Jodie Trafton as of 2018-03-08; they are expected to be available 2018-2019. They have not been included in the clinical content above, as they are not yet available enterprise-wide. It is recommended that they either be integrated into the clinical content in this paper once they are available to users, or in separate KNART(s) that are developed accordingly.

Document 1 - DRAFT: VA Comprehensive Suicide Risk with options for New or Updating Existing Assessment

PLEASE NOTE: We plan to turn each of the responses into Health Factors, so they can be easily pulled from CDW and used for aggregate analysis

Is this a new assessment or an update to an existing assessment?

- New assessment
- Update to existing assessment

In what Setting is this Assessment Occurring? (Select only one response.) [Design note: originally we thought it best to remove this because it can be pulled from administrative data, but at the end of the template, we do have some specific strategies that should only display for MH Inpatient or MH Residential settings, so this may be useful to keep. Elizabeth G, I'm open to your suggestion here]

- Emergency Department
- Primary Care
- PCMH
- Other Outpatient Med/Surg
- Inpatient Med/Surg
- Psychiatric Emergency Services
- MH Outpatient
- MH Inpatient
- MH Residential/Domiciliary
- Other [text box]

Suicidal Ideation

Does the Veteran have a history of or current suicidal ideation?

- No [Design note: if no, skip the rest of the questions in this Suicide Ideation section]
- Yes

How recently has the Veteran had thoughts of engaging in suicide-related behavior? *(Select only one response.)*

- Within the last 24 hours
- within the past 1 to 7 days
- within the past 8 to 30 days
- within the past 2 to 6 months
- within the past 7 to 12 months
- More than a year ago (13 or more months ago)

How frequent are/were the thoughts? *(Select only one response.)*

- Less than once a week
- Once a week
- 2-5 times a week
- Daily or almost daily
- Many times each day

Does/did the Veteran have a plan? *(Select only one response.)*

- No
- Yes – Describe [add text box]

Does the Veteran have access to lethal means to enact the plan described above? *(Select only one response.)*

- No

- Yes – Describe [add text box]

Does the Veteran have access to other lethal means? *(Select only one response.)*

- No
- Yes – Describe [add text box]

Does/did the Veteran have suicidal intent? *(Select only one response.)*

Suicidal intent: There is past or present evidence (implicit or explicit) that an individual wishes to die, means to kill him/herself, and understands the probable consequences of his/her actions or potential actions. Suicidal intent can be determined retrospectively and in the absence of suicidal behavior.

- No
- Yes

History of Suicide Attempts

[Design note: If a ‘New Assessment’] Has the Veteran ever made a prior suicide attempt? *(Select only one response.)*

Suicide Attempt: A non-fatal self-inflicted potentially injurious behavior with any intent to die as a result of the behavior.

- No
- Yes

[Design note: If a ‘New Assessment’] If yes, how many suicide attempts has the Veteran made? *(Select only one response.)*

[drop down list with a selection for each number from 1 to 10; then a ‘11+’ response]

[Design note: If an ‘Update to existing Assessment’] Has the Veteran made a suicide attempt since the last documented VA Comprehensive Suicide Risk Assessment? (CSRA; xx/xx/xxxx) [Design note: pull in the date of the last CSRA here]

Suicide Attempt: A non-fatal self-inflicted potentially injurious behavior with any intent to die as a result of the behavior.

- No [Design note: If ‘no’, this section is complete]
- Yes

[Design note: If an ‘Update to existing Assessment’] If yes, how many suicide attempts has the Veteran made since the last CSRA? *(Select only one response.)*

[drop down list with a selection for each number from 1 to 10; then a ‘11+’ response]

When was the most recent attempt? *(Select only one response.)*

- Within the last 24 hours
- within the past 1 to 7 days
- within the past 8 to 30 days
- within the past 2 to 6 months
- within the past 7 to 12 months
- More than a year ago (13 or more months ago)

What was the method/were the methods used for this event? *(Select all that apply.)*

• **Overdose** *(Select all that apply.)*

[design note: expand to the items below only if Overdose is selected]

- Alcohol
 - What type of alcohol did the Veteran drink? (Select all that apply)
 - Beer
 - Wine
 - Liquor
 - How many drinks did the Veteran have?
- Amphetamine/other psychostimulants
 - How much did the Veteran take (e.g, # of pills, mg)?
 - *[add text box]*

[Design note: I'm trying to determine if it makes sense to add option to select 'mg' or '# pills' to ensure we know what measurement the responder means; also if there are other standard measures to offer as an option]

- Barbiturates
 - How much did the Veteran take (e.g, # of pills, mg)?
- Benzodiazepine
 - How much did the Veteran take (e.g, # of pills, mg)?
- Cocaine
 - How much did the Veteran take (e.g, # of pills, mg)
- Fentanyl
 - How much did the Veteran take (e.g, # of pills, mg)?
- Heroin
 - How much did the Veteran take (e.g, # of pills, mg)?
- Lithium
 - How much did the Veteran take (e.g, # of pills, mg)?
- Methadone
 - How much did the Veteran take (e.g, # of pills, mg)?
- Pills (NOS)
 - How much did the Veteran take (e.g, # of pills, mg)?

• Rx Meds

- How much did the Veteran take (e.g, # of pills, mg)?

- Suboxone, Subutex, Buprenorphine
 - How much did the Veteran take (e.g, # of pills, mg)?
- Tylenol
 - How much did the Veteran take (e.g, # of pills, mg)?
- Opioids other than listed above
 - How much did the Veteran take (e.g, # of pills, mg)?
- Other (NOS), describe [add text box]
 - How much did the Veteran take (e.g, # of pills, mg)?

• **Physical Injury** *(Select all that apply.)*

[design note: expand to the items below only if Physical Injury is selected]

- Attempted Drowning
 - Where did this occur?
 - Bathtub
 - Bucket
 - Swimming pool
 - Natural body of water
 - How far from shore or safety was the Veteran (in feet)?
(Round to nearest foot and enter as a whole number e.g. 1, 25, 52, 1000 etc.)
 - [add text box] Feet
 - Was the water?
 - warm
 - cold
 - Can the Veteran swim?
 - Yes
 - No
 - Other
- Electrocution
 - What was used?
 - Wall outlet
 - Light socket

- Utility wire
 - Other [add text box]
 - Where on the body?
 - Wrists/arms
 - Torso
 - Legs
 - Other [add text box]
 - Ingest Poison/Chemical/Caustic Substance
 - What type of substance was ingested?
 - Rat poison
 - Bleach
 - Ammonia
 - Other [add text box]
 - How much was ingested (in mL or ounces)?
 - Hanging
 - What was used?
 - String
 - Rope
 - Sheet
 - Belt/strap
 - Towel
 - Other
 - Jump from Height
 - On what did the Veteran land?
 - Solid ground
 - Water
 - Other [add text box]
 - From how high did the Veteran jump (in feet)?
 - [Add text box] Feet
 - Jump in front of Auto/Train
-
- Was the Veteran struck or did the vehicle stop before hitting the Veteran?

- Struck
- Not struck
- Burnt Self
 - Was caused the burn?
 - Cigarette
 - Lighter/match
 - Oven/stove
 - Curling iron/flat iron
 - Candle
 - Boiling water
 - Other [add text box]
 - Where on the body was burned?
 - Wrists/arms
 - Torso
 - Legs
 - Other [add text box]
 - Were you able to verify the injuries by seeing scars?
 - Yes
 - No
- Stabbed/Cut Self
 - Where on the body was cut?
 - Head
 - Neck
 - Torso
 - Arms
 - Wrists
 - Legs
 - Other [add text box]
 - What was used?
 - Razor

- Box cutter
- Scissors
- Other [add text box]
- How severe was the cut?
 - Scratch
 - Cut(s) with no tendon, artery or nerve damage
 - Cut(s) with tendon, artery or nerve damage
- Were stitches required?
 - If so, how many?
- Were you able to verify the injuries by seeing scars?
 - Yes
 - No
- Suffocation
 - What was used?
 - Carbon monoxide
 - Plastic bag
 - Pillow
 - Other [add text box]
- Stopped required medical treatments or medications
 - What did the Veteran stop?
 - Needed medical treatment(s)
 - Medication(s)
 - Other [add text box]
 - For how long was treatment/medication stopped (hours/days)?
 - [add text box] [add option to select 'hours' or 'days']
- Other, describe [add text box]
- **Firearm** *(Select all that apply.)*

[design note: expand to the items below only if Gun is selected]

 - What kind of firearm did the Veteran use?
 - BB gun
 - Pistol

- Rifle
- Shot gun
- Dart gun
- Other [add text box]
- Where did the Veteran shoot themselves? (Select all that apply)
 - Head
 - Chest
 - Lower torso
 - Limbs
 - Other [add text box]
- Were you able to verify the injuries by seeing scars?
 - Yes
 - No
- **Auto** *(Select all that apply.)*

[design note: expand to the items below only if Auto is selected]

 - Run into Object
 - Run off Road
 - Other (NOS), describe [add text box]
- **Other method used** *(Select all that apply.)*

[design note: expand to the items below only if Other is selected]

 - Other (NOS), describe [add text box]

Obtain details of the attempt (extent of injuries, methods used, etc.)

 - Not Provided

As a result of this attempt, was the Veteran taken to any of these places or did Veteran seek help at any of these places?

- Physician/nurse
 - Without treatment or assessment and went home
 - Medically treated and went home
 - Medical treated and admitted to psychiatry unit
- Crisis outreach/after-hours team/mental health professional
- Police/wellness check
- Paramedics/ambulance/aid car

- Hospital emergency room
 - Without assessment (e.g., talked to social worker or resident and went home)
 - Without medical treatment
 - Medically treated and went home
 - Medically treated and admitted to psychiatry unit
- Inpatient, psychiatric unit
 - For how many days?
 - Was the visit voluntary?
 - Yes, voluntary
 - Voluntary, but threatened with legal commitment if not agreed to
 - Legally detained on a 24-48 hour hold
 - Legally detained on a 72+ hour hold
 - Medically treated while on inpatient psychiatric unit, without going to emergency room
 - While on psychiatric unit, went to emergency room for medical treatment and then returned to psychiatric unit
- Hospital medical unit, whether or not via emergency room, for observation (hours to overnight)
- Hospital medical unit, whether or not via emergency room, for required treatment
 - For how many days?
- Intensive care unit, whether or not via emergency room or medical unit
 - For how many days?

Was the suicide attempt interrupted? *(Select only one response.)*

- No
- Yes, by self. Explain: [add text box]
- Yes, by other. Explain: [add text box]

Did the attempt result in injury? *(Select only one response.)*

- No
- Yes. Explain: [add text box]

When was the most lethal attempt? *(Select only one response.)*

- Within the last 24 hours
- within the past 1 to 7 days
- within the past 8 to 30 days
- within the past 2 to 6 months
- within the past 7 to 12 months
- More than a year ago (13 or more months ago)

What was the method/were the methods used for this event? *(Select all that apply.)*

• **Overdose** *(Select all that apply.)*

[design note: expand to the items below only if Overdose is selected]

- Alcohol
 - What type of alcohol did the Veteran drink? (Select all that apply)
 - Beer
 - Wine
 - Liquor
 - How many drinks did the Veteran have?
- Amphetamine/other psychostimulants
 - How much did the Veteran take (e.g, # of pills, mg)?
 - *[add text box]*

[Design note: I'm trying to determine if it makes sense to add option to select 'mg' or '# pills' to ensure we know what measurement the responder means; also if there are other standard measures to offer as an option]

- Barbiturates
 - How much did the Veteran take (e.g, # of pills, mg)?
- Benzodiazepine
 - How much did the Veteran take (e.g, # of pills, mg)?
- Cocaine
 - How much did the Veteran take (e.g, # of pills, mg)
- Fentanyl
 - How much did the Veteran take (e.g, # of pills, mg)?
- Heroin
 - How much did the Veteran take (e.g, # of pills, mg)?
- Lithium
 - How much did the Veteran take (e.g, # of pills, mg)?
- Methadone
 - How much did the Veteran take (e.g, # of pills, mg)?
- Pills (NOS)
 - How much did the Veteran take (e.g, # of pills, mg)?

• Rx Meds

- How much did the Veteran take (e.g, # of pills, mg)?

- Suboxone, Subutex, Buprenorphine
 - How much did the Veteran take (e.g, # of pills, mg)?
- Tylenol
 - How much did the Veteran take (e.g, # of pills, mg)?
- Opioids other than listed above
 - How much did the Veteran take (e.g, # of pills, mg)?
- Other (NOS), describe [add text box]
 - How much did the Veteran take (e.g, # of pills, mg)?

• **Physical Injury** *(Select all that apply.)*

[design note: expand to the items below only if Physical Injury is selected]

- Attempted Drowning
 - Where did this occur?
 - Bathtub
 - Bucket
 - Swimming pool
 - Natural body of water
 - How far from shore or safety was the Veteran (in feet)? *(Round to nearest foot and enter as a whole number e.g. 1, 25, 52, 1000 etc.)*
 - [add text box] Feet
 - Was the water?
 - warm
 - cold
 - Can the Veteran swim?
 - Yes
 - No
 - Other
- Electrocution
 - What was used?
 - Wall outlet
 - Light socket
 - Home electrical wire
 - Utility wire

- Other [add text box]
- Where on the body?
 - Wrists/arms
 - Torso
 - Legs
 - Other [add text box]
- Ingest Poison/Chemical/Caustic Substance
 - What type of substance was ingested?
 - Rat poison
 - Bleach
 - Ammonia
 - Other [add text box]
 - How much was ingested (in mL or ounces)?
- Hanging
 - What was used?
 - String
 - Rope
 - Sheet
 - Belt/strap
 - Towel
 - Other
- Jump from Height
 - On what did the Veteran land?
 - Solid ground
 - Water
 - Other [add text box]
 - From how high did the Veteran jump (in feet)?
 - *[add text box] Feet*
- Jump in front of Auto/Train
 - Was the Veteran struck or did the vehicle stop before hitting the Veteran?

- Not struck
- Burnt Self
 - Was caused the burn?
 - Cigarette
 - Lighter/match
 - Oven/stove
 - Curling iron/flat iron
 - Candle
 - Boiling water
 - Other [add text box]
 - Where on the body was burned?
 - Wrists/arms
 - Torso
 - Legs
 - Other [add text box]
 - Were you able to verify the injuries by seeing scars?
 - Yes
 - No
- Stabbed/Cut Self
 - Where on the body was cut?
 - Head
 - Neck
 - Torso
 - Arms
 - Wrists
 - Legs
 - Other [add text box]
 - What was used?
 - Razor
 - Kitchen knife
 - Box cutter

- Scissors
- Other [add text box]
- How severe was the cut?
 - Scratch
 - Cut(s) with no tendon, artery or nerve damage
 - Cut(s) with tendon, artery or nerve damage
- Were stitches required?
 - If so, how many?
- Were you able to verify the injuries by seeing scars?
 - Yes
 - No
- Suffocation
 - What was used?
 - Carbon monoxide
 - Plastic bag
 - Pillow
 - Other [add text box]
- Stopped required medical treatments or medications
 - What did the Veteran stop?
 - Needed medical treatment(s)
 - Medication(s)
 - Other [add text box]
 - For how long was treatment/medication stopped (hours/days)?
 - [add text box] [add option to select 'hours' or 'days']
- Other, describe [add text box]
- **Firearm** *(Select all that apply.)*

[design note: expand to the items below only if Gun is selected]

 - Attempted to induce police into shooting her/him [Design note: if selected this option by itself, do not show the other 'firearm questions']
 - What kind of firearm did the Veteran use?
 - BB gun
 - Pistol

- Rifle
- Shot gun
- Dart gun
- Other [add text box]
- Where did the Veteran shoot themselves? (Select all that apply)
 - Head
 - Chest
 - Lower torso
 - Limbs
 - Other [add text box]
- Were you able to verify the injuries by seeing scars?
 - Yes
 - No
- **Auto** *(Select all that apply.)*
[design note: expand to the items below only if Auto is selected]
 - Run into Object
 - Run off Road
 - Other (NOS), describe [add text box]
- **Other method used** *(Select all that apply.)*
[design note: expand to the items below only if Other is selected]
 - Other (NOS), describe [add text box]
Obtain details of the attempt (extent of injuries, methods used, etc.)
 - Not Provided

As a result of this attempt, was the Veteran taken to any of these places or did Veteran seek help at any of these places?

- Physician/nurse
 - Without treatment or assessment and went home
 - Medically treated and went home
 - Medical treated and admitted to psychiatry unit
- Crisis outreach/after-hours team/mental health professional
- Police/wellness check
- Paramedics/ambulance/aid car

- Hospital emergency room
 - Without assessment (e.g., talked to social worker or resident and went home)
 - Without medical treatment
 - Medically treated and went home
 - Medically treated and admitted to psychiatry unit
- Inpatient, psychiatric unit
 - For how many days?
 - Was the visit voluntary?
 - Yes, voluntary
 - Voluntary, but threatened with legal commitment if not agreed to
 - Legally detained on a 24-48 hour hold
 - Legally detained on a 72+ hour hold
 - Medically treated while on inpatient psychiatric unit, without going to emergency room
 - While on psychiatric unit, went to emergency room for medical treatment and then returned to psychiatric unit
- Hospital medical unit, whether or not via emergency room, for observation (hours to overnight)
- Hospital medical unit, whether or not via emergency room, for required treatment
 - For how many days?
- Intensive care unit, whether or not via emergency room or medical unit
 - For how many days?

Was the suicide attempt interrupted? *(Select only one response.)*

- No
- Yes, by self. Explain: [add text box]
- Yes, by other. Explain: [add text box]

Did the attempt result in injury? *(Select only one response.)*

- No
- Yes. Explain: [add text box]

Has the Veteran engaged in any preparatory behavior aside from behavior associated with any suicide attempts documented above? *(Select only one response.)*

Preparatory Behavior: Acts or preparation towards engaging in Self-Directed Violence, but before potential for injury has begun. Note: ask this question about preparatory behavior of all Veterans, even in cases where there has never been a suicide attempt.

- No
- Yes. Explain: [add text box]

Warning Signs

Warning Signs: Individual factors which signal an acute increase in risk that the patient may engage in suicidal behavior in the immediate future (i.e., minutes and days). These can be assessed by asking the Veteran to describe thoughts, feelings, and behaviors experienced prior to most recent exacerbation of suicidal ideation or behavior. This information can inform safety planning, if indicated.

[Design note: If an ‘Update to existing Assessment’] Are updates to this section needed? [Design note: Hide remaining questions in this section until a response is given]

- No [Design note: If ‘no’ skip the rest of the questions in this warnings signs section]
- Yes

Direct:

- **N/A**

[design note: if select N/A, cannot choose the other items]

- **Select direct warning signs:**

(Select all that apply.)

- Suicidal Communication
- Preparations for Suicide
- Seeking Access or Recent Use of Lethal Means
- Other/Comments: [add text box]

Indirect:

- **N/A**

[design note: if select N/A, cannot choose anything else]

- **Select indirect warning signs** *(Select all that apply.)*

- Anger
- Anxiety
- Feeling trapped
- Guilt or shame
- Hopelessness
- Mood changes
- Purposelessness
- Recklessness
- Sleep disturbance
- Social withdrawal
- Substance abuse
- Other/Comments: [add text box]

[check box 1] Risk and protective factors have been collected previously for this individual

[check box 2] I have reviewed risk and protective factors previously collected for this individual

Risk Factors

Risk factors may increase the likelihood of engaging in suicidal self-directed violence. They may be modifiable or non-modifiable and both inform the formulation of risk for suicide. Modifiable risk factors may also be targets of intervention.

[Design note: If an ‘Update to existing Assessment’] Are updates to this section needed? [Design note: Hide remaining questions in this section until a response is given]

- No [Design note: If ‘no’ skip the rest of the questions in this warnings signs section]
- Yes

(Select all that apply.)

- History of Suicide Attempt(s)
 - Additional comments [add text box]
- History of Psychiatric Hospitalization(s): (Please include dates, reasons for hospitalization and duration of stay in the additional comments section.)
 - Additional comments [add text box]
- History of non-suicidal self-directed violence (e.g., cutting, burning)
 - Additional comments [add text box]
- Preexisting Risk Factors (e.g., history of trauma, family history of suicide attempt)
 - Additional comments [add text box]
- Losses (e.g., loss of a loved one or relationship)
 - Additional comments [add text box]
- Financial Problems (e.g., unemployment, homelessness)
 - Additional comments [add text box]
- Legal Problems (e.g., DUI, incarceration, civil vs. criminal)
 - Additional comments [add text box]
- Social/Systemic Problems (e.g., poor interpersonal relationships, barriers to accessing care, recent change in level of care)
 - Additional comments [add text box]
- Psychological Conditions (e.g., mood or affective disorder, personality disorder, substance use disorder, psychosis)
 - Additional comments [add text box]
- Medical Conditions and Health-Related Problems (e.g., TBI, HIV/AIDS, insomnia, chronic pain)
 - Additional comments [add text box]
- Access to Lethal Means (e.g., firearms, large quantities of medications)
 - Additional comments [add text box]
- Other: [add text box]
 - Additional comments [add text box]

Protective Factors and Reasons for Living

Protective factors are capabilities, qualities, environmental and personal resources that drive individual toward growth, stability, and health and may reduce the risk for suicide. Enhancing protective factors can be a target of intervention.

[Design note: If an ‘Update to existing Assessment’] Are updates to this section needed? [Design note: Hide remaining questions in this section until a response is given]

- No [Design note: If ‘no’ skip the rest of the questions in this warnings signs section]
- Yes

(Select all that apply.)

- Interpersonal Relationship (e.g., child-related responsibilities, strong bond to family members)
 - Additional comments [add text box]
- Positive Personal Traits or Beliefs (e.g., help seeking, religious or cultural beliefs against suicide, cognitive flexibility)
 - Additional comments [add text box]
- Access To and Engagement With Health Care (e.g., supportive medical and mental health care relationships; motivated for treatment)
 - Additional comments [add text box]
- Social Context Support System:(e.g., community support, family responsibilities)
 - Additional comments [add text box]
- Other: [add text box]

[clickable] TIP: Clinical Impressions:**Clinical Impressions**

Stratify the Veteran’s acute (minutes to days) and chronic (long-term) risk to inform disposition planning. Provide evidence for the acute and chronic risk levels, utilizing information documented above, and pay particular attention to the presence of warning signs and risk and protective factors. In some circumstances (e.g., acute intoxication) acute and/or chronic risk may be difficult to determine. In these cases, consider a high acute risk level and detail the relevant circumstance in evidence section provided.

Clinical Impression of Acute Risk: *(Select only one.)* [Design note: this section is required]

- High Risk - (as evidenced by): [add text box]
- Intermediate Risk – (as evidenced by): [add text box]
- Low Risk – (as evidenced by): [add text box]

[clickable] TIP: Acute Risk Levels [opening the tip displays the box below]**Acute Risk Levels:**

High Acute Risk Essential Features: Suicidal ideation with intent to die by suicide and inability to maintain safety independent external support/help.

Note: Warning signs and risk factors that may also be present include: plan; access to means; recent (e.g., 90 days) or ongoing preparatory behaviors and/or suicide attempt; acute psychological condition(s) or symptom(s) (e.g., MDD episode, acute mania, acute psychosis, recent/current drug relapse, exacerbation of personality disorder symptomatology); acute psychosocial stressors (e.g., job loss, relationship with dissolution, relapse on alcohol); insufficient protective factors and inability to identify reasons for living.

Intermediate Acute Risk Essential Features: Current suicidal ideation without intent and ability to maintain safety independent of external support/help.

Note: These individuals may present quite similarly to those at high acute risk, often sharing many of the above features (e.g., warning signs, risk factors, limited protective factors). The only difference may be lack of intent, based upon identified reasons for living (e.g., children), meaningful protective factors (e.g., faith), and an ability to utilize a safety plan and maintain their own safety. Preparatory behaviors are likely to be absent.

Low Acute Risk Essential Features: No current suicidal intent AND no suicidal plan AND no preparatory behaviors AND collective high confidence (e.g., patient, care provider, family member) in the ability of the patient to independently maintain safety.

Note: Individuals at low acute risk may have suicidal ideation, but it will be without intent or plan. If a plan is present, the plan is general and/or vague, and without any associated preparatory behaviors (e.g., "I'd shoot myself if things got bad enough, but I don't have a gun."). These patients will be capable of engaging appropriate coping strategies and willing and able to utilize a safety plan in the event of heightened intent.

Clinical Impression of Chronic Risk: *(Select only one.) [Design note: this section is required]*

- High Risk - (as evidenced by): [add text box]
- Intermediate Risk – (as evidenced by): [add text box]
- Low Risk – (as evidenced by): [add text box]

[clickable] TIP: Chronic Risk Levels [opening the tip displays the box below]

Chronic Risk Levels:

High Chronic Risk Essential Features: Chronic psychological conditions; history of prior suicide attempt(s); history of substance abuse/dependence; chronic pain; chronic suicidal ideation; chronic medical condition; limited coping skills; unstable or turbulent psychosocial status (e.g., unstable housing, erratic relationships, marginal employment); limited ability to identify reasons for living.

Intermediate Chronic Risk Essential Features: These individuals may feature similar chronicity of psychiatric, substance-abuse, medical, and painful conditions. However, protective factors, coping skills, reasons for living, and relative psychosocial stability suggest a fairly enhanced ability to endure future crisis without resorting to self-directed violence and/or suicide.

Low Chronic Risk Essential Features: These individuals may range from persons with no or little in the way of mental health or substance abuse problems, to persons with significant mental illness that is associated with the relative abundance of strengths/resources. Stressors historically have typically been endured absent suicidal ideation. The following factors will generally be missing: history of self-directed violence; chronic suicidal ideation; tendency towards highly impulsive, risky behaviors; severe, persistent mental illness; marginal psychosocial functions.

[clickable] TIP:Disposition/Risk Mitigation Plan: [opening the tip displays the box below]

Disposition/Risk Mitigation Plan:

Disposition Guidance: Clinical disposition and risk mitigation plan should be consistent with the risk levels determined. The plan should also incorporate relevant modifiable risk and protective factors. Action plans for consideration are detailed below.

High Acute Risk: Typically requires psychiatric hospital admission to maintain safety and aggressively target modifiable factors driving acute spike in suicide risk. These individuals may need to be directly observed until on a secure unit, and maintained in an environment with limited access to lethal means, (e.g., keep away from sharps, chords/tubing, toxic substances). During such hospitalization co-occurring psychiatric symptoms which may or may not be driving suicide thoughts and/or behaviors should also be addressed.

Intermediate Acute Risk: Outpatient management of suicidal thoughts and/or behaviors should occur in a mental health setting. Management should be intensive, with frequent contact, regular re-assessment of risk, and well-

articulated safety plan, including consideration of lethal means safety. Consider psychiatric hospital to address suicidal thoughts and/or behaviors, especially if pertinent modifiable factors driving risk are amendable to inpatient treatment (e.g., acute psychosis). Intermediate acute risk does not necessarily preclude admission for residential treatment and should be considered if appropriate.

Low Acute Risk: Patients at low acute risk for suicide can be managed in primary care. Mental health outpatient or residential treatment may also be indicated, particularly if suicidal ideation and psychiatric symptoms are co-occurring.

High Chronic Risk: These individuals are at chronic risk for becoming acutely suicidal, often in the context of unpredictable situational contingencies (e.g., job loss, relationship disillusioned, and relapse on alcohol). Hence, they require routine mental health follow up, as well as a well-articulated safety plan, and routine screening regarding risk of suicide. Lethal means safety should be part of the risk management strategy (e.g., safe firearm storage practices, limited medication supply). Coping skills building will be important to mitigate chronic risk. Outpatient mental health treatment should also address current psychiatric symptoms which may or may not be driving suicidal thoughts and behaviors. Residential treatment may be appropriate. High chronic risk does not necessarily preclude admission for residential treatment and should be considered if appropriate.

Intermediate Chronic Risk: Routine mental health care to optimize psychiatric conditions and maintain/enhance coping skills and protective factors as indicated. Safety plan, including consideration of lethal means safety, should be in place. Outpatient mental health treatment should also address current psychiatric symptoms which may or may not be driving suicidal thoughts and behaviors. Intermediate chronic risk does not necessarily preclude admission for residential treatment and should be considered if appropriate.

Low Chronic Risk: Many persons at low risk will be appropriate for mental health care on an as needed basis. As such, some may be managed in primary care settings. Others may require mental-health follow-up to continue successful.

Please indicate your course of action (within your scope of practice and following local policy) from the following list of interventions, add additional comment/interventions as needed and consult with other providers as appropriate. [Design note: this section is required]

1. **General Strategies for Managing Risk in any setting:**

- Initiate 9-1-1/Emergency Response Rescue
- Involuntary Hospitalization
- Voluntary Hospitalization
- Initiate one-on-one monitoring
- Initiate Health and Welfare Check
- Initiate a Hospital Transportation Plan with:
 - Alert Suicide Prevention Coordinator for consideration of a Patient Record Flag Category I High Risk for Suicide
- Complete or Update Safety Plan
- Increase frequency of outpatient contacts
- Lethal Means Safety Counseling
- Obtain additional information from collateral sources
 - Address barriers to treatment engagement by: [add text box]
 - Address psychosocial needs by: [add text box]
 - Address medical conditions by: [add text box]

- Connection/Referral to additional support: [add text box for user to enter a name]
 - Consult submitted to: [add text box for user to enter a name]
 - Continue to see assigned Primary Care Provider for care
 - Discussion with Veteran regarding enhancement of a sense of purpose and meaning
 - Educate on smartphone VA applications (e.g. Virtual Hope Box, PTSD Coach, and Breathe2Relax)
 - Education on emergency services
 - Follow-up appointments: [text box]
 - Initiate/refer for evidence based psychotherapy
 - Involve family/support system in: [text box]
 - Medication reconciliation
 - Pharmacotherapy intervention to reduce suicide risk (e.g., consideration of medications shown to reduce suicide risk)
 - Provide Veteran with phone number for Veteran's Crisis Line: 1-800-273-8255 (press 1)
 - Reevaluate current treatment plan
 - Referral to Chaplaincy/pastoral care
 - Referral to peer support
 - Other/Comments: [add text box]
 - **Strategies for Managing Risk if the Veteran is Currently in RESIDENTIAL Treatment:** [Design note: only display if MH Residential setting was selected at the beginning of note]
 - Monitoring for recent substance use using urine toxicology screens
 - Placed on dependent status for management of medications
 - Required check-in by Veteran with staff beyond standard bed checks
 - Admission to patient bedroom that has been assessed to be at reduced risk based on facility assessment of environmental risks
 - Admission to patient bedroom adjacent to central staff monitoring
 - Review therapeutic passes for clinical appropriateness and changes as needed Describe [TXT BOX]
 - Limitations on access to personal vehicle during admission
 - Introduce Veteran to a “Recovery Buddy” or peer
 - Increased frequency of Suicide Risk Screening. Describe [TXT BOX]
 - Increased frequency of individual meetings with case manager/therapist
 - Review personal items available to the Veteran during admission for potential self-harm risk
 - Review of currently prescribed medications for risk for self-harm
-

- Other [add text box]
- **Strategies for Managing Risk if the Veteran is Currently in INPATIENT Treatment:**

[Design note: only display if MH inpatient setting was selected at the beginning of note]

[Design note: Currently no list; waiting on these from Inpt]

Re-assessment:

Due to the dynamic nature of some warning signs, risk and protective factors, suicide risk should be routinely re-assessed. These risk management strategies were chosen to address Veteran's current presentation and feasible treatment options within the system of care. This plan should be re-evaluated over time.

Please consider adding treatment provider(s) as additional progress note signers.

Document 2 - DRAFT: Suicide Behavior and Overdose Report

[BEGIN Note draft]

DRAFT – Suicide Behavior and Overdose Report

[Question 1] Event Type Being Reported *(Select only one.)*

[design note: We would like for some questions to appear/not appear (see notes throughout) depending if suicide attempt vs. overdose event is selected here.]

- Overdose-Suicide attempt
- Overdose- Accidental, other (non-suicidal)
- Suicide attempt (but NOT including suicide-related overdoses)

Note: Use this template to report behaviors with suicidal or undetermined intent as well as accidental, intentional and undetermined overdoses. For this note template, suicidal ideation is not considered a behavior; only behaviors (including preparatory behaviors) should be reported.

[Question 3] For the event being reported, did the Veteran have suicidal intent? *(Select only one.)*

Suicidal intent: There is past or present evidence (implicit or explicit) that an individual wishes to die, means to kill him/herself, and understands the probable consequences of his/her actions or potential actions. Suicidal intent can be determined retrospectively and in the absence of suicidal behavior.

- No [only an option if Event Type = Overdose; not an option for Event Type = Suicide attempt]
- Yes
- Undetermined/unknown to author

Reporting source

Person(s) reporting information: *(Select all that apply.)*

- Patient self-report
- Patient family member
- Outside agent
- VA staff
- Other:

Name & phone of person(s) reporting information:

Reporting method: *(Select all that apply.)*

- Face-to-face
- Telephone
- Written

Patient status at time of event

Patient status at time of event: *(Select only one.)*

- Outpatient
- Inpatient

Event to Report:

Location of event Did this event occur on VA property? (Select only one).

- No
- Yes

Reminder: if ‘Yes’ this attempt occurred within the last 12 months and on VA property, you must directly notify the SPC and supervisor, by phone or IM, to initiate mandated reporting within 1 hour.

1. Unknown to author/don’t know

[Question 6] Outcome of event *(Select all that apply.)*

- Died
- Hospitalization: indicate where [add text box]
- Remained outpatient
- Other [add text box]
- Unknown to author/don’t know

Date of event (enter as MM/DD/YYYY e.g., 02/01/2017): [add text box]

- Date is approximate

Time of event (enter as HH:MM am/pm e.g., 02:30 pm) [add text box]

1. Time is approximate

[Question 2] Was the behavior being reported preparatory only?

Preparatory Behavior: Acts or preparation towards engaging in Self-Directed Violence, but before potential for injury has begun.

TIP: Examples of preparatory behaviors include practicing with an unloaded firearm, stockpiling medications, writing a suicide note.]

- No
- Yes
- Unknown to author/Don’t know

[Question 4] Was the event interrupted? *(Select only one.)*

Interrupted by self or other is defined as: a person takes steps to injure self but is stopped by self/another person prior to fatal injury. The interruption may occur at any point.

TIP: Overdose interruption: In the case of accidental, intentional, or undetermined overdose, naloxone administration counts as an interruption.

- No
- Yes, by self. Explain: [add text box]
- Yes, by other. Explain: [add text box]

[Question 5] Did the event result in injury? *(Select only one.)*

An injury is defined as a bodily lesion resulting from acute overexposure to energy (this can be mechanical, thermal, electrical, chemical, or radiant) interacting with the body in amounts or rates that exceed the threshold of physiological tolerance (e.g., bodily harm due to suffocation, poisoning or overdoses, lacerations, gunshot wounds, etc.).

- No
- Yes. Explain: [add text box]

What was the method/were the methods used for this event? *(Select all that apply.) [Design note: Associate each of these methods with Health Factors]*

• **Overdose**

(Select all that apply.)

[design note: expand to the items below only if Overdose is selected]

- Alcohol
- Amphetamine/other psychostimulants
- Barbiturates
- Benzodiazepine
- Cocaine
- Fentanyl
- Heroin
- Lithium
- Methadone
- Suboxone, Subutex, Buprenorphine
- Tylenol
- Opioids other than listed above
- Pills (NOS)
- Rx Meds (NOS)
- Other (NOS), describe [add text box]

- Unknown to author/don't know
- **Physical Injury** *(Select all that apply.)*
[design note: expand to the items below only if Physical Injury is selected]
 - Cut Neck
 - Slit Wrist
 - Stabbed/Cut Self (not neck or wrist)
 - Drowning
 - Electrocution
 - Explosion
 - Ingest Poison/Chemical
 - Hanging
 - Jump from Height
 - Jump in front of Auto/Train
 - Self-Immolation
 - Suffocation
 - Other, describe [add text box]
 - Unknown to author/don't know
- **Firearm** *(Select all that apply.)*
[design note: expand to the items below only if Firearm is selected]
 - Firearm to Body
 - Firearm to Head
 - Attempted to induce police into shooting her/him
 - Other, describe [add text box]
 - Unknown to author/don't know
- **Auto** *(Select all that apply.)*
[design note: expand to the items below only if Auto is selected]
 - Carbon Monoxide
 - Run into Object
 - Run off Road
 - Other (NOS), describe [add text box]
 - Unknown to author/don't know
- **Other method used** *(Select all that apply.)*

[design note: expand to the items below only if Other is selected]

- Other (NOS), describe [add text box]
- Veteran refused to describe suicide attempt
- Unknown to author/don't know

Was naloxone reported to be administered to patient?

- No
- Yes [Health factor VA-Naloxone administered to patient (from existing Naloxone Use (NU) note)]

[Begin Naloxone Yes section – only to display if ‘Yes’ to naloxone administration question above was selected.]

[Design note: Use all the same health factors for the responses as are found in the NU note]

Which were the sources of naloxone that were reportedly administered to the patient? (Select all that apply.)

- Patient's outpatient naloxone prescription
- VA facility-stocked naloxone (including VA Police)
 - Emergency Department/Urgent Care Center (ED/UCC)
 - Mental Health Residential Rehabilitation Treatment Program (MH RRTP)
 - Outpatient Clinic/Community Based Outpatient Clinic (CBOC)
 - Automated External Defibrillator (AED) cabinet
 - VA Police
 - Other VA facility-stocked naloxone (specify)
- Non-VA naloxone (specify, e.g., Emergency Medical Services, Fire Department)
- Other (specify)

Approximate date naloxone was reportedly used (enter as MM/DD/YYYY e.g., 02/01/2017): [enter text box]

Naloxone was reportedly administered by:

- Self (patient)
- VA facility staff (including VA Police) Comment: [add text box]
- Layperson bystander
- Non-VA emergency responder
- Other
- Declined to answer

What was the reported outcome of the naloxone use?

- The patient survived
- The patient died

- Unknown
- N/A was not an opioid overdose
- Other: [add text box]

Was the overdose reported as?

- Accidental
- Intentional
- Assault
- Undetermined
- Adverse effect (e.g., after using prescribed dose as instructed)
- N/A was not an overdose

[The NU note has a question about the substances involved in the overdose, but we can include all those substances in the general part of the note.]

Are there any negative consequences reported in relation to the naloxone use/opioid overdose event?

- Profound opioid withdrawal Explain [text box]
- Rare or other life threatening injuries (e.g., seizures, arrhythmias, severe hypertension, cardiac arrest)
- Comment: [text box]
- Falls
- Arrest/incarceration of patient
- Arrest/incarceration of person administering naloxone or bystander
- Issues with the police/paramedics/fire department Comment [text box]
- Anger
- Other (specify) [text box]
- Unknown Comment [text box]
- None
- Additional Comments [large text box]

[Design note: ignore this paragraph; it's here as a placeholder so I can determine if we need to include more information in the note template] The NU note continues with a section to be completed by the patient's treatment provider. The section asks questions about risk factors that are present that could increase the risk of overdose; it asks about previous overdoses, periods of abstinence from opioids, opioid tapering, SUDs, MH, use of sedatives, use of non-prescribed opioids, use of prescribed opioids, treatment consideration and changes, opioid prescriptions from non-VA and treatment considerations, opioid prescriptions from both VA and non-VA and treatment considerations; medical, history of falls, ED visits, HIV history, homelessness, family stressors, others; referral for immediate care (Yes/No); education provided to patient and/or caregiver or other designee, sharing of educational resources and finally:

Naloxone prescription

- Order naloxone prescription [add same health factor from NU note]
- Provider notified of request for naloxone prescription [add same health factor from NU note]

- Patient declined naloxone prescription [add same health factor from NU note]
- Naloxone prescription not needed at this time [add same health factor from NU note]

[end of Naloxone: Yes section]

Self-directed violence classification (auto-populated based on answers to other sections; see question logic below) [Design note: For the purposes of this report, only overdoses can be reported as non-suicidal; other non-suicidal behaviors should not be reported within this note; only known suicidal or undetermined (not sure if suicidal or not) should be reported; VA guidance on SDV Classification, based on CDC recommendations: https://www.mirecc.va.gov/vsn19/docs/Clinical_tool.pdf; <https://www.mirecc.va.gov/vsn19/docs/SDVCS.pdf>]

- **Suicidal SDV, preparatory**

; Q6=Not 'Died'; Q5=no injury; Q2=yes; Q3=yes

- **Non-Suicidal SDV, preparatory;**

Q1= Overdose;

Q6=Not 'Died'; Q5=no injury; Q2=yes; Q3=no

- **Undetermined SDV, preparatory;**

Q6=Not 'Died'; Q5=no injury; Q2=yes; Q3=undetermined

- **Suicide Attempt without injury, interrupted by Self/other;**

Q6=Not 'Died'; Q5=no injury; Q2=no; Q4=yes; Q3=yes

- **Non-Suicidal SDV without injury, interrupted by Self/other;**

Q1=overdose;

Q6=Not 'Died'; Q5=no injury; Q2=no; Q4=yes; Q3=no

- **Undetermined SDV without injury, interrupted by Self/other;**

Q6=Not 'Died'; Q5=no injury; Q2=no; Q4=yes; Q3=Undetermined

- **Suicide Attempt without injury;**

Q6=Not 'Died'; Q5=no injury; Q2=no; Q4=no; Q3=yes

- **Non-Suicidal SDV without injury;**

Q1= Overdose;

Q6=Not 'Died'; Q5=no injury; Q2=no; Q4=no; Q3=no

- **Undetermined SDV without injury;**

Q6=Not 'Died'; Q5=no injury; Q2=no; Q4=no; Q3=undetermined

- **Suicide Attempt with injury;**

Q6=Not 'Died'; Q5=yes injury; Q4=no; Q3=yes

- **Non-Suicidal SDV with injury;**

Q1= Overdose

;

Q6=Not 'Died'; Q5=yes injury; Q4=no; Q3=no

- **Undetermined SDV with injury;**

Q6=Not 'Died'; Q5=yes injury; Q4=no; Q3=undetermined

- **Suicide Attempt with injury, interrupted by self/other;**

Q6=Not 'Died'; Q5=yes injury; Q4=yes; Q3=yes

- **Non-Suicidal SDV with injury, interrupted by self/other;**

Q1= Overdose;

Q6=Not 'Died'; Q5=yes injury; Q4=yes; Q3=no

- **Undetermined SDV with injury, interrupted by self/other;**

Q6=Not 'Died'; Q5=yes injury; Q4=yes; Q3=undetermined

- **Suicide;**

Q6=Died; Q5=yes injury; Q3=yes

- **Non-Suicidal SDV, fatal;**

Q1= Overdose;

Q6=Died; Q5=yes injury; Q3=no

- **Undetermined SDV, fatal;**

Q6=Died; Q5=yes injury; Q3=undetermined

Was treatment plan modified because of the event? (Select only one.) [from SPAN]

- No
- Yes
- Unknown

SBOR review to be completed within 24 hours of submitting this report by: [Design note: create this as an 'order' to trigger sending to SPC team members, Opioid Safety Initiative review team members, or both]

- Suicide Prevention Coordination team - for any event involving suicidal or undetermined intent.
- Opioid Safety Initiative Review team - for any event involving an overdose (intentional or accidental).
- Both SPC and Opioid Safety Initiative Review teams – for any event involving both suicidal intent and overdose.

[END Note draft]

Document 3 – Suicide Risk Screeners Primary and Secondary Tools

Appendix A

PRIMARY SCREEN FOR SUICIDE RISK [PHQ-9 item 9]

Over the past two weeks, how often have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?

- ☐ Not At All
- ☐ Several Days
- ☐ More Than Half the Days
- ☐ Nearly Every Day

PRIMARY SCREEN SCORING

Response of greater than “Not at all” is a positive screen

SECONDARY SCREEN FOR SUICIDE RISK [C-SSRS Screener]

Answer both questions 1 & 2

• **1. Wish to be Dead:**

Person endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up.

[Over the past MONTH], have you wished you were dead or wished you could go to sleep and not wake up?

- ☐ NO
- ☐ YES

• **2. Suicidal Thoughts:**

General non-specific thoughts of wanting to end one’s life/die by suicide, “*I’ve thought about killing myself*” without general thoughts of ways to kill oneself/associated methods, intent, or plan.”

[Over the past MONTH], have you had any actual thoughts of killing yourself?

- ☐ NO (If NO, skip to question 6)
- ☐ YES (If YES, ask questions 3, 4, 5, and 6)

• **3. Suicidal Thoughts with Method (without Specific Plan or Intent to Act):**

Person endorses thoughts of suicide and has thought of a least one method during the assessment period. This is different than a specific plan with time, place or method details worked out. “*I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it.*”

[Over the past MONTH], have you been thinking about how you might do this?

- ☐ NO
- ☐ YES

• **4. Suicidal Intent (without Specific Plan):**

Active suicidal thoughts of killing oneself and patient reports having some intent to act on such thoughts, as opposed to “*I have the thoughts but I definitely will not do anything about them.*”

[Over the past MONTH], have you had these thoughts and had some intention of acting on them?

- ☐ NO
- ☐ YES

• **5. Suicide Intent (with Specific Plan):**

Thoughts of killing oneself with details of plan fully or partially worked out and person has some intent to carry it out.

[Over the past MONTH], have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?

☐ NO

☐ YES

• **6. Suicide Behavior Question**

Have you ever done anything, started to do anything, or prepared to do anything to end your life?

Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc.

☐ NO

☐ YES

If YES, ask: Was this within the past 3 months?

☐ NO

☐ YES

SECONDARY SCREEN SCORING

Positive Screen: YES to 3, 4, 5 in the past month and/or 6 in the past three months

Appendix B

The following procedures will be completed according to facility work flow. Primary and secondary screening should be completed within staff scope of practice. The VA Comprehensive Suicide Risk Assessment should be completed by a licensed independent provider (LIP).

1. For primary care settings, the primary screen for suicide risk will be completed at least annually in the following manner.
 - a. The primary screen for suicide risk will be incorporated into annual screening for Depression and Posttraumatic Stress Disorder (PTSD) by adding PHQ-9 item 9 to the PHQ-2 and Primary Care PTSD Screen.
 - b. These enhanced assessment instruments are being added to the Mental Health Assistant (MHA) to support this effort. The national clinical reminders sponsored by the Office of Mental Health and Suicide Prevention (OMHSP), presently named Screening for Depression, Screening for PTSD, and Evaluation of Positive Depression or PTSD Screen, will also be modified to require administration of the secondary screen (C-SSRS Screener) following a positive score on the primary screen for suicide risk (PHQ-9 item 9). Availability of the enhanced clinical reminders is planned for fourth quarter FY18.
2. For emergency departments, the primary screen will be incorporated into existing triage evaluations.
3. In outpatient mental health services, the secondary level screen (C-SSRS) will be completed on all patients as part of their mental health intake evaluation and at least annually thereafter.
 - a. The rationale to administer the secondary level screen in this setting is that identified mental health concerns raise the level of risk beyond that of the general primary care population, so the higher level of specificity is preferred.

- b. For those patients with a positive score on the C-SSRS, the comprehensive suicide risk assessment will also be required as part of the mental health intake evaluation.
- 4. Screening and assessment should also be conducted for patients within 1 calendar day after admission and before discharge from inpatient mental health, rehabilitation and medical-surgical care as well as residential rehabilitation programs and long term care facilities (e.g., RRTP's, DOM's, and CLC's).
- 5. Sleep clinics are similar to mental health in the sense that they serve patients characterized by the presence of specific risk factors. For sleep clinics, patients should be screened for depression and suicide as part of their intake evaluations.
- 6. Pain clinics are similar to mental health in the sense that they serve patients characterized by the presence of specific risk factors. For pain clinics, patients should be screened for depression and suicide as part of their intake evaluation and annually if receiving ongoing care.
- 7. Screening and assessment as described above should also be administered based on clinical judgment, when there are stressors, warning signs for suicide, or worsening in clinical conditions.

Appendix B. Acronyms

CDS	Clinical Decision Support
CCWP	Clinical Content White Paper
C-SSRS	Columbia-Suicide Severity Rating Scale
DoD	Department of Defense
HL7	Health Level 7
KBS	Knowledge Based Systems
KNART	Knowledge Artifacts
MHIA	Mental Health Impact Assessment
MIRECC	Mental Illness Research, Education, and Clinical Center
OEF	Operation Enduring Freedom
OIF	Operation Iraqi Freedom
OIG	Office of Informatics and Information Governance
PHQ	Patient Health Questionnaire
SME	Subject Matter Expert
SPAN	Suicide Prevention and Application Network
TO	Task Order
TSWF	Tri-Service Workflow
VA	Department of Veteran Affairs
VAMC	VA Medical Center